

# WAKE FOREST

MAGAZINE

SPRING 2024





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Make the Perfect Hot Dog

Be a Demon Deacon Mascot

Use AI in the Classroom

Be the Change You Wish to See in the World

Keep Your Bones Healthy as You Age

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# WAKEFOREST

MAGAZINE

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## ON THE COVER

Illustration by Gwen Keraval

## FROM *The* PRESIDENT

A WAKE FOREST EDUCATION equips graduates for lives of purpose in the world in an incredibly wide range of professions and industries. Since arriving here in July 2021, I have met hundreds of alumni on campus and across the country, and I am convinced there is no limit to what Wake Foresters can do, or where they can have an impact.

Wake Forest alumni across generations also share a commitment to life-long learning. They are deeply curious and eager to learn, qualities that extend far beyond the years spent in our classrooms, labs and lecture halls. Intellectual curiosity is woven throughout their lives and careers.

In these pages, nearly 50 members of the Wake Forest community — alumni, faculty and staff — showcase their extraordinary talents and expertise in a series of “how to” guides on a wide range of topics. Taken together, their stories reflect the limitless possibilities that can emerge from the distinctive liberal arts education Wake Forest provides.



Over the past year, our community — our schools and College, departments and units — came together to develop a “how to” guide of our own. The University Strategic Framework, released during the fall semester, outlines how to prepare Wake Forest for its third century. Emerging from thousands of conversations with Wake Forest faculty, staff, students and alumni, the Strategic Framework provides a blueprint for our aspirations as we move toward Wake Forest’s bicentennial in 2034.

This year, the deans of our schools and College, along with our vice presidents, are hard at work determining how each part of campus can uniquely contribute to the framework’s goals. Many exciting initiatives are already underway to bring the Strategic Framework to life. I encourage you to visit [framework.wfu.edu](http://framework.wfu.edu) for more details.

May this issue ignite your own intellectual curiosity, invite you to ask new questions and deepen your connection to our Wake Forest community.

Warmly,  
Susan R. Wente, Ph.D.





A COMPENDIUM of **IDEAS** from  
**WAKE FORESTERS** who have **ANSWERS** —  
INCLUDING TO SOME QUESTIONS (HOT DOG!)  
you **MIGHT NOT** have **THOUGHT TO ASK**.

By Maria Henson ('82), Kerry M. King ('85), Carol L. Hanner, Kelly Greene ('91)  
and Katherine Laws Waters ('20) ••• Illustrations by Gwen Keraval







HOW  
TO

# Analyze a Film

**DON'T WORRY** that examining a film will ruin it for you, says Professor of Communication **Woodrow "Woody" Hood**, director of film and media studies.

He often reassures his students that breaking down film into its components won't disturb the magic. "Seeing how the magic works actually makes it even more magical. You kind of go, 'Wow, that's cool. That's amazing that they did that,'" Hood says.

Hood, who is also director of critical and creative media, says analyzing a great film that you love can be difficult; you may not notice the technique if you're caught up in a well-told story. He often has his students begin by critiquing a bad movie.

"They go, 'Oh, my God, that acting is so bad.' I'm, like, 'Yes, it is. But why? What are they doing? Or what are they not doing?'" Hood says. Does the emotional tone or body language feel inappropriate, overdone or underplayed?

In cinematography, look for how the lens is directing light and how colors give a feel to the story. How are scenes framed? "A long shot can often mean that the character is isolated in some way. If it's a closer shot, then we're becoming more intimate, but they can play with those things," he says. In editing, long takes might convey drama, while quick cuts convey action.

Hood, a director, sound designer and composer, says diegetic sound exists within the movie world, and characters can "hear" it, such as disco music in a dance-floor scene. Only the audience can hear non-diegetic sound, such as orchestral music during a deserted beach scene. How does this affect the viewers' emotions or their perception of the story? Close your eyes to focus on the sound.

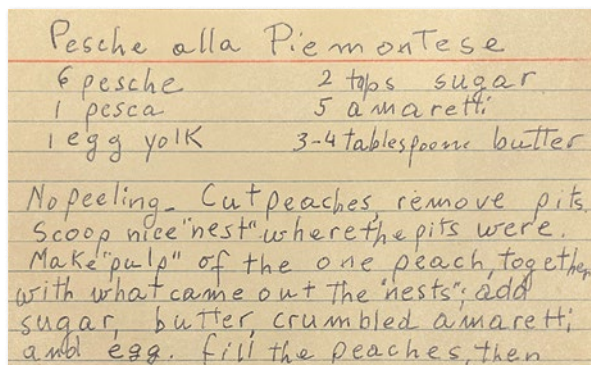
Hood sees sound as "a hidden weapon in filmmaking." We often tune out ever-present background sounds in daily life since we can't "close" our ears. "You can slip all sorts of things into an audio track, and the audience doesn't notice it's there, but it's affecting you."

Assessing a film can help push you past watching the same types of movies over and over, Hood says. "Sometimes, you need a tool to be able to crack open a film that may be not immediately to your liking. ... I think it opens you up to all sorts of amazing new experiences."



PHOTO / SAMUEL REGAN ASANIE/UNSPLASH





# HOW TO Cook Like You're in Venice

**BIANCA ARTOM** is well-known among Wake Foresters for her role in helping to transform a neglected palazzo on Venice's Grand Canal into the home of the University's first residential program overseas. But she also inspired untold numbers of students to learn how to cook like a local. The herb garden she planted on Casa Artom's rooftop terrace lives on today, along with recipes she scribbled on index cards for favorites, including *insalata caprese* — chunks of tomato, mozzarella, olive oil, wine vinegar and, of course, freshly picked basil.

When she died in 1994, friends assembled her dishes into "Bianca's Italian Table," and a few copies of the spiral-bound book, along with her

recipe files and newspaper clippings, reside in Z. Smith Reynolds Library's Special Collections & Archives. She was never taught to cook while growing up in Venice, so she figured out by taste and feel how to recreate the flavors of her childhood after she and her husband, the late Dr. Camillo Artom, a prominent biochemist and medical doctor who was Jewish, fled fascist Italy in 1939 for Winston-Salem.

Here, she experimented with Southeastern U.S. substitutes for Venetian staples, such as "domestic" rice as a stand-in for the arborio traditionally used to make risotto. She relied heavily on fresh vegetables to carry off Venetian favorites from *risi e bisi* (rice and peas) to *fagiolini soffogai*

("suffocated" beans), with her version praised in the cookbook as "soft, but not mushy, and exquisitely flavored."

One dessert in Artom's files, *pesche alla Piemontese*, or "peaches Piedmont," dresses up a fruit that both regions love. The ingredients: seven peaches ("no peeling," she notes), an egg yolk, two tablespoons of sugar, three tablespoons of butter and five amaretti (crumbled almond macaroons). After cutting the peaches in half and removing the pits, scoop out a "nest" and mash the pulp with the remaining peach. Mix the pulp with the other ingredients, fill the "nests" and bake in a buttered dish at 350 degrees for an hour. *Delizioso!*



Capturing colorful memories at  
the Holi Festival on Manchester  
Plaza in March 2023







HOW

TO



# Make the Most of Your Happy Moments

## PROFESSOR OF PSYCHOLOGY

**Christian Waugh (P '27)** is wary of quick-fix suggestions on "how to be happy."

"That is such a loaded thing for people," he says. "It's basically a lifelong massive journey of your entire soul and being and social life, so I would just be a little wary about oversimplifying that to just one little technique."

That said, research does offer some suggestions: Express and clarify your emotions, and especially share good feelings verbally in the moment with the people who are with you.

"We asked the question, 'What happens if you take the time to verbalize how you're feeling about something?' And what they've shown before with negative emotions is that sometimes verbalizing your negative emotion, saying literally the words, 'I feel angry; I feel sad' ... helps clarify them and as a result can actually help decrease them because you have more of an idea of what's going on and how to deal with it."

Waugh wanted to know whether expressing positive emotions would decrease or increase them.

"In a couple studies we found that it increased them," he says. Emotions tend to be amorphous and under the surface. "By saying, 'In this moment, I feel good about this; this is amusing to me; this is exciting,'" the verbalization clarifies the emotion and brings it to the surface, he says. This allows people to savor the pleasure a little longer. Writing down your emotions can have the same effect.

Sharing positive moments with others by telling them in the moment what made you feel good can bring more clarity, deepen the emotion and make you remember it more vividly, Waugh says. It embeds those moments into the tapestry of your life.

"When we think ... about 'Who am I? Am I a happy person or am I a less happy person?' essentially we're kind of informally counting up the experiences in our lives that we count as happy or not, right? ... Not only increasing those experiences, but making sure they get into your memory and your identity matters a lot for being a happy person."

PHOTO / TSING LIU ('23)





# Deliver On the Field and Off

HOW  
TO

**DR. ANDREW “A.J.” LEWIS ('94, MD '98)** has always breathed baseball, playing catcher in high school — and resuming that position as an OB-GYN, delivering babies for the past 25 years in Winston-Salem.

Lewis passed along his passion for baseball to his own two sons. And when they gravitated to pitching in middle school, “I realized that I needed to learn more about it so I could help them and keep them safe and healthy,” he says. Combining his love of science and sport, he crisscrossed the country to study pitching mechanics and coaching at Driveline Baseball in Seattle,

spring training in Florida and the Texas Baseball Ranch.

“I learned a lot about how they should move the lower half of their body to accommodate this very violent motion with their arm in their upper half — how to take some of the stress off their arms and put it into their legs,” he says. Their high school’s pitching coach quit in the pandemic, and Lewis filled in. While the sons were being recruited to college teams (Appalachian State University and UNC-Chapel Hill), their dad was scouted, too.

The Carolina Disco Turkeys, a collegiate summer team formed in

Winston-Salem in 2021, asked Lewis to be the team’s first pitching coach, despite his being on call occasionally at gametime.

And one balmy summer night, the doctor’s pitching and catching lives converged: Lewis checked on a patient in labor at Novant Health Forsyth Medical Center, then went to a game at Truist Stadium, assuming his patient had hours to go. But the labor sped up, and he got an urgent call from the hospital at the top of the seventh inning. “I jumped into my truck, broke a few traffic laws to get to the hospital, and the nurses threw a gown over my uniform while I ran down to labor and delivery,” Lewis says.

His patient pushed twice, the baby was born, “and everybody bonded perfectly,” he recalls. The new parents snapped a photo with their doctor-coach; he was back at the ballpark for the ninth. The Turkeys won the game.

“I tell my sons,” Lewis says, “that if you can find a way to do what you love as part of your job, it makes life so much better.”





Gretchen Zinn Seymour ('91), second from left, with Knitting Communities Together volunteers. Photo by Ann Marie Scheidler

**SOMETIMES AN ACT** of Pro Humanity comes together naturally, as it did for **Gretchen Zinn Seymour ('91)** last year when a tragedy converged with her search for purpose.

On July 4, 2022, she was standing on the sidewalk in Lake Bluff, Illinois, with her husband, Jim Seymour, watching the town's parade. Suddenly, the pager her husband wears as a volunteer firefighter "started blowing up — and

his face just went white," she recalls. They soon learned that two towns over, in Highland Park, a man had shot and killed seven people and wounded dozens during that town's July Fourth parade. Among the dead were a married couple whose 2-year-old son was found wandering by himself.

A month later, with her younger daughter in college, Seymour was starting to consider what would come next for her when she noticed a little building that she walked by routinely on the way to a local coffee shop. After learning that it housed a nonprofit called Art Impact Project, which does art-based therapy with underserved populations, she knocked on the door and asked if its leaders had considered knitting, one of her passions.

Her inquiry turned into a project called "Knitting Communities Together." The original idea was to recruit knitters (and those who crochet) from towns neighboring Highland Park to create a remembrance of the victims. The knitters met twice a week to create designs to wrap around trees in Highland Park's Sunset Woods Park.

But knitters from Highland Park soon joined them, and Seymour gradually realized that the process of creating their homemade tribute was even more meaningful than the result. "The magic happened in the room as we were knitting," she says. "This woman who came every week had been sitting next to her sister when she was killed at the parade. The healing for these people, in knowing that we remembered what happened and that they could talk about it — it was incredible." Friendships started to unfold among people from different towns and faiths. A few knitters who had rarely emerged from home since the pandemic got comfortable socializing again.

In the end, they created a bigger, more beautiful display than expected: Surpassing their goal of wrapping 10 trees, they covered 50. In September, they took up their needles together again, this time to knit hats and mittens for foster children.

HOW  
TO

# Heal a Community Through Knitting



**WHY, YOU MIGHT ASK,** would a university magazine address such a frivolous-sounding topic as the humble hot dog? That's easy. Wake Forest is home to one of the three anointed hot dog ambassadors in the USA.

Meet **John Champlin ('06, MBA '15)**. He works in Alumni Hall as director of engagement programs in University Advancement when he is not popping up at food trucks, dive bars and gourmet digs in search of franks, coneys, wieners and weenies. He is in his 10th year reporting his findings via his @TourDeFrank social media dispatches. From a Mexican-style dog wrapped in bacon and slathered in poblano lime cream to the dog with an Aloha theme of barbecue sauce and pineapple chunks to a Boston wine-bar dog covered in peppers, carrots and scallions, the Champlin chompathon over the years is nothing short of astounding.

So are the stats. Champlin reports having eaten 673 hot dogs at 524 different hot dog joints with 213 family members, friends and strangers. "The goal? Not necessarily to find 'the best,'" he says. "No, that's incredibly subjective. As cliché as it is, the goal is to enjoy the ride."

Experts noticed. In July the National Hot Dog and Sausage Council in Washington, D.C., named Champlin a 2023 Hot Dog Ambassador.

With the warning, "Divisive opinions ahead!" Ambassador Champlin offers advice for making the perfect hot dog.

**The bun:** *Please, get something sturdy. For me, steaming a bun is ... unwise. You've got to toast that bun. My favorite toasting method is melting butter — a "healthy amount," as any Southern grandmother might say — in a pan, then putting buns split side down, (taking them) to a deep golden brown.*

**The meat:** *We don't need to get into the nitty gritty of what's in a hot dog. My choice is frequently going to be an all-beef brand that is grilled or sautéed. I prefer a broil over a boil.*

**The toppings:** *I firmly believe that everyone should love what you love. My go-to toppings are chili, slaw and mustard. Good hot dog chili should be richly beefy, not too watery, have a gentle spice and, for goodness sake, be bean free. Coleslaw should be creamy, a touch sweet and still have a bit of crunch. My nontraditional opinion is that spicy brown/deli mustard is the best with this combo. Wild card topping: french fried onions!*

HOW  
TO

# Make the Perfect Hot Dog







HOW TO

# Stop the Spread of Conspiracy Theories

**CONSPIRACY THEORIES** have abounded in the United States since George Washington was accused of trying to reinstate a monarchy, says **Jarrold Atchison ('01, MA '03)**, the John Kevin Medica Director of Debate and professor of communication. Atchison teaches students the argumentative features of conspiracy theories with case studies on 9/11, the MMR vaccine (given to prevent measles, mumps and rubella), President John F. Kennedy's assassination and more in his class, Conspiracy Theories in American Public Discourse.

Conspiracy theories often break down into several themes, he says, including: scientific claims (Climate change must be a hoax because the winters are getting colder.), personal observations (How can you watch the Zapruder film and *not* believe that Kennedy was shot by two assassins?) and personal anecdotes (My friend told me something, so I believe it.). Conspiracy theorists often challenge traditional forms of authority, such as the media or science, and position themselves as protecting "victims." (QAnon followers, for instance, often argue that they're saving children, Atchison says.)

"Theorists will spout facts, and each individual fact may not be wrong, but it's the extrapolation from the facts where we get to the conspiracy. It's incredibly difficult to argue against conspiracy theories." It's often like playing "Whac-A-Mole," he says. If you

refute one argument, the conspiracy theorist will pivot to another round of facts to refocus the argument.

It's almost impossible to change the mind of someone who already believes a conspiracy theory, Atchison says. Instead, focus on the people who haven't made up their minds. "Imagine the Thanksgiving table, and one relative says, 'I believe this conspiracy, and you should, too.' Your goal is not to persuade that person that they're wrong, because the chances you're going to pull that off are very small. Instead, argue for the rest of the table to stop it from reaching a critical mass where your relatives are so moved that they take action to support it by donating money or voting for particular politicians."

Atchison advises focusing on the credibility of the source, rather than arguing facts, to persuade your Thanksgiving guests to be skeptical of a conspiracy theory. Can the information be fact-checked? Does it come from a single type of source (anecdotes, social media, online videos)? "Slow the conversation down and utilize the most important tool you have at your disposal — your brain," Atchison says.





PHOTO / LYNDSIE SCHLINK



PHOTO / CHRISTINA SORIANO

HOW  
TO

# Get to Carnegie Hall

## THE OLD JOKE IS RIGHT.

**Larry Weng**, assistant professor of piano, has shown that the best way to get to Carnegie Hall is to “practice, practice, practice.” He has performed there many times, most recently in May, to rave reviews: The New York Times once described him as playing with “steely power and incisive rhythm.”

But Weng didn’t exactly follow a traditional path. For starters, he didn’t discover the piano until he was 7 years old, “late for professionals,” he quips. A family friend gave his parents a hand-me-down upright for their Boston home, and Weng remembers being drawn to it right away.

Still, he wasn’t sure about piano as a career until he had gutted out a bachelor’s degree in economics at Columbia University in three years while also studying piano at The Juilliard School. That meant routine 12:30 a.m. to 2:30 a.m. practices on pianos in dorm lobbies far from residents trying to sleep.

Early on, Weng grasped what he sees as the key to everything that followed — his understanding that discipline is “one of the foundational, bedrock skills you need to be successful at anything,” he says. “Having the persistence to do something day in and day out is increasingly rare, and I talk to my students about it all the time. ...

Talent doesn’t show up unless you do.”

He also finds motivation in challenges akin to climbing a mountain. Just 10 months into lessons, he asked his teacher to let him play Beethoven’s “Für Elise,” and she said he wasn’t ready. He kept asking at every lesson, until she finally relented on one condition: “I couldn’t tell her it was too hard,” he says. “It was such a satisfying thing to develop the skills to accomplish it.”

His second teacher fed his love for competing, which in turn sparked his passion for performing. “There’s something really wonderful about playing music for people, and it’s doubly wonderful when I can compete for something,” he says. He has won numerous international competitions, and his performances have taken him all over Europe, Asia and South America.

Critics frequently describe Weng’s style as physically and emotionally expressive: “When the motion matches the intent and the effect of the music, that’s when you communicate well,” he says. “You’re trying to get at the soul of the piece — what it’s trying to say.”









HOW TO

# Be a Demon Deacon Mascot

**HE'S THE CLASSIEST**, the most intelligent, the most suave, the most loved. He's the hippest old-timer we know. He is the big man on campus, but he makes everybody feel like a somebody. He's the Demon Deacon.

Why wouldn't you want to be him?

Since the early 1940s, a lucky few students have gotten to suit up in the coattails and the confidence of our favorite oxymoronic mascot.

Students try out for the position on Wake Forest Athletics' spirit team, just as cheerleaders and dance team members do. Typically, during the year, as many as three to six students take turns handling the Deacon's busy schedule, even switching off each quarter during football games.

The men — and, yes, women — with the honor of being a Deacon bond over their love of Wake Forest, and, says one current mascot, their love of "making memories that make people love Wake." They share stories of children's faces lighting up after Deacon fist bumps and the laughter of older adults.

Almost like a secret society, Deacons keep their identities private until the long-awaited mascot reveal at the senior night football game. Finally, they can stop making excuses for why they can't sit with their friends at games.

In the meantime, Deacons must wear the suit responsibly, especially in the age of social media; breaking character even briefly can go viral on Barstool Sports or Fizz. They carry the weight of Wake Forest's image on their

shoulders. Plus, that thick head gets heavy! For getting comfortable and dealing with temperature conditions in the suit, current and former Deacons shared tips:

**Hydrate**, starting two days before a game.

**Face the wind** to feel a breeze through the Deacon's mesh eyes.

**Play the "old man" card.** While the Deac is more spry than most golden-agers, he can get away with wiping his brow and taking a seat every once in a while.

**Launder with care** to get rid of the suit's less-than-gentlemanly aroma after a game. The head and shoulder covering, pants and gloves are machine washable. (And yes, that means that the suit is washed in dorm laundry rooms across campus.) Careful with the jacket, though — dry clean only.

**Wear long socks** when strapping the 15-inch-long kicks over your feet. One current Deacon has an ankle scar from wearing low socks for a whole game.

It's worth the smells and the scars, though, for the magic. "This summer I was standing on top of the (baseball) dugout, and I was dancing like I was just in my room alone in front of the mirror," a current Deacon said. "I was having the time of my life."





so much for so many," says Chuck, a retired chief district court judge turned farmer. "The garden is one way we can 'love our neighbor' in our little corner of the world," Susan says. "Find what you love, and use it in a way that can help other people."

The Fellowship Garden occupies 3 acres of a former vineyard outside Elkin, North Carolina. (An Elkin lawyer lets the Fellowship Garden use it at no cost.) It provides fresh produce nearly year-round — beans, cucumbers, potatoes, sweet potatoes, tomatoes, squash, watermelons and more — to about a dozen community partners, including churches, a homeless shelter, a food pantry and a men's rehabilitation house.

It takes a community of volunteers to run the garden, Chuck says. "Fellowship" in the garden's name comes from the fellowship among the volunteers — who are from different churches and of various ages and ethnicities — as they work side by side and bond during breaks over homegrown tomatoes and fresh zucchini bread.

About 15 to 20 volunteers, mostly retirees, regularly work in the garden, with Boy Scouts, church groups and high school agriculture students helping occasionally. A beekeeper tends hives on the property; proceeds from honey sales are plowed back into the charity. Wilkes Community College donates seeds and grows new plants in its greenhouse for the garden. The Neaves' church, First Baptist Church in Elkin, provides funds for supplies.

Their parents instilled in them the value of helping others long before they came to Wake Forest and learned about Pro Humanitate, Chuck and Susan say. "We both grew up with parents who were all about helping their neighbors in any way they could," Susan says. "Chuck's vision of planting with a purpose all those years ago has yielded blessings in abundance."

# HOW TO Propagate Pro Humanitate

**CHUCK NEAVES ('79, JD '82, P '12)** and **SUSAN TEMPLETON NEAVES ('80, P '12)** established their mission field in the red clay soil of Wilkes County, North Carolina.

Chuck started a small garden in 2010 with the idea of giving away vegetables to whoever needed food. The plot didn't produce much that first year, but today the Fellowship Garden produces about 10 tons of food and helps feed hundreds of people a year.

"A few seeds and plants sown 14 years ago have grown to provide



# HOW TO Talk to Your College-Age Daughter (for Dads)

**WHEN DAUGHTERS** encounter struggles, many fathers jump in to help right away. But Professor of Education **Linda Nielsen**, who has spent decades researching father-daughter relationships, has ideas for more effective ways to communicate. She's such an authority on the subject that toymaker Mattel Inc. consulted her on ways dads can bond with their daughters while playing with Barbie dolls.

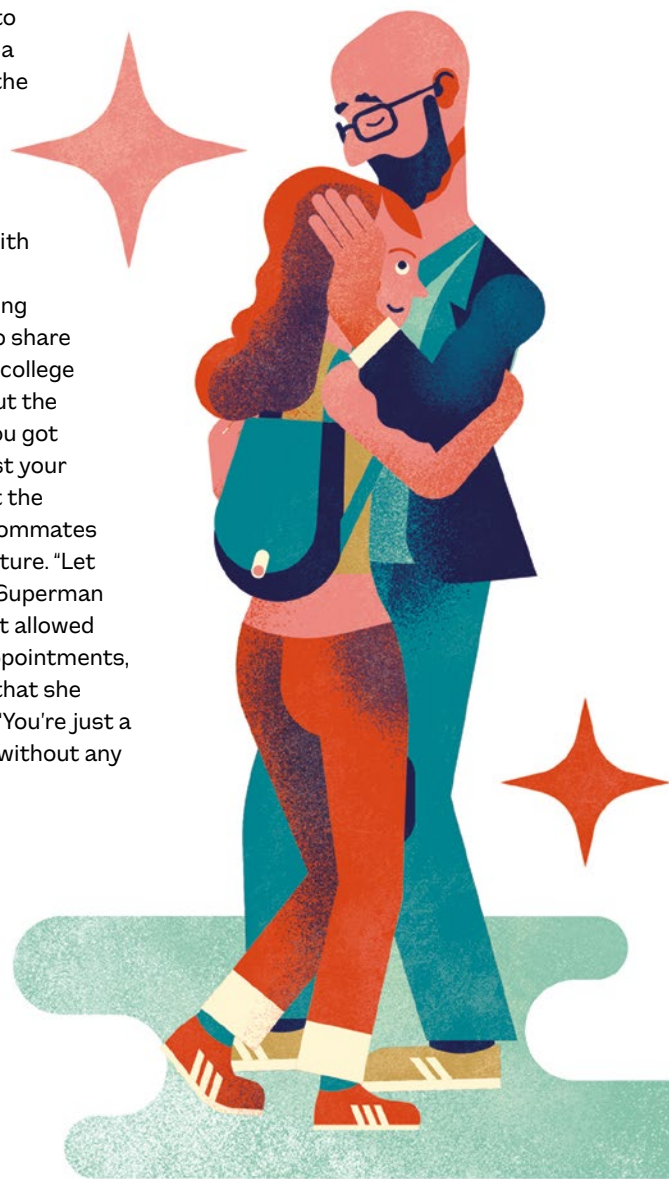
Fathers have been socialized to fix problems, so their impulse to act is "loving, it's nurturing, it's well-intended," Nielsen says. But she advocates a different, more effective approach using "The Three H's": Ask your daughter if she wants to be hugged, heard or helped. Often, daughters want all three, in that order. First, your daughter may want to be consoled and comforted — without getting any advice. Next, she may want you to listen while she vents or cries, again, without offering advice. After that, she may be ready for advice. But before you dive in, ask if she's ready for it yet.

About that advice: Don't try to solve her problems for her, Nielsen advises. Instead, try to help her find ways to navigate obstacles on her own. "Dads should be preparing the child for the road instead of preparing the road for the child," she says.

Try carving out an hour or two during family visits to campus and on breaks for the two of you to spend time alone on a father-daughter walk

or coffee date. You could also take the initiative to text, call, Zoom or send a funny card. "These are the four years when both of you have the chance to strengthen your communication skills with each other," she says.

Nielsen suggests using that one-on-one time to share stories about your own college struggles. Open up about the tough times and how you got through them — not just your academic problems, but the challenges of dating, roommates and figuring out your future. "Let her see that you're not Superman with special powers that allowed you to escape the disappointments, frustrations and pains that she faces," Nielsen advises. "You're just a guy wearing a red cape without any superpowers."





The Temujin in  
Indonesia



# Sail Around the World

**ERIC BIHL ('10)** and **KENNON JONES ('10)** set sail in January 2018 to circumnavigate the globe. By the time they returned to the United States in June 2020, they had sailed about 30,000 nautical miles with stops in about a dozen countries, including French Polynesia, Vanuatu, Indonesia and South Africa.

They have a bit of advice for anyone considering following them: Don't say "one day." Pick a day and stick to it.

Bihl and Jones met at Wake Forest rushing Sigma Pi fraternity. After graduation, the two buddies frequently sailed along the East Coast and hatched the idea of an around-the-world trip. "To spend time doing what you love, to see

the world, to challenge yourself," Bihl says, recalling their inspiration. "Is this possible? Can we do it?"

They traded in their smaller boat for a 34-foot sailboat named Temujin and took short jaunts to make sure the boat was ship-shape and "to make sure we wouldn't kill each other," Jones says. "Make sure you get along with the other person, because there's not a whole lot of space to hide."

After bidding farewell to family and friends, they sailed down the East Coast. After passing through the Panama Canal, there was no turning back. They packed all the water, rice, beans, potatoes, canned goods and eggs they could carry with them. They picked up

fruits and vegetables at port stops and became good fishermen. Bihl missed having cold Gatorade on a hot boat; Jones missed Chick-fil-A. Their longest stretch at sea was 34 days from Saint Helena in the South Atlantic Ocean to the U.S. Virgin Islands, when many ports were closed because of COVID-19.

Before their trip, Bihl was a salesman for a winery, and Jones worked at the U.S. State Department in Washington, D.C. The trip "changed the trajectory of both of our careers," Bihl says. He learned more about the wine industry working for a winery during a long layover in New Zealand. He is now an assistant winemaker for a small winery in Albuquerque, New Mexico, where he and his wife,





Lauren Leifeste Bihl ('10), live — “ironically,” he notes, “pretty far from water.”

Jones lives in St. Thomas and captains the *Altesse*, a charter catamaran that sails the U.S. and British Virgin Islands. “Apart from the obvious career change, for me this trip underscored that you don’t need a lot of things and stuff that we tend to accumulate,” Jones says. “It is the memories you make that are the most important.”

More at [bit.ly/3c3clxn](https://bit.ly/3c3clxn)

Photos from top right: Eric Bihl ('10), left, and Kennon Jones ('10) on board the *Temujin*; Bihl and Jones in Namibia; American Samoa; Jones and Bihl in Suvarrow Atoll in the Cook Islands



PHOTOS COURTESY OF ERIC BIHL AND KENNON JONES



HOW TO

# Solve the Plastic Problem

**IF YOU'VE WALKED** along a beach or river lately, chances are you've frowned at plastic garbage — bottles, fishing nets, containers, straws.

National Geographic says Americans throw away 35 billion plastic bottles and 100 billion plastic bags annually, enough each year to circle the globe four times. The U.S. State Department calls plastic pollution a global crisis with impacts on ecosystems, biodiversity, climate, marine economies and human health.

Not every university can boast of having an expert on the issue, but Wake Forest can. **Sarah J. Morath**, a law professor and associate dean for international affairs, published "Our Plastic Problem and How to Solve It."

The book received the 2023 Nautilus Silver Award.

The plastic problem needs action on multiple levels, she says: legislative, industrial and individual. She labels single-use plastic, found in bottles, bags and cutlery, among other items, as the most harmful in the galaxy of plastic problems. "Anything that makes our life more convenient sometimes," Morath says. "Unfortunately, we use it once and then ... dispose of it."

The industry is trying to eliminate such products without losing convenience.

Paper straws, for example, can replace plastic ones, or compostable material can replace plastic in cutlery.

Individuals who make conscious decisions about their own consumption patterns can make a difference, she says, by using a refillable bottle or reusable coffee mug or putting take-away food in washable containers at The Pit. The key is to pick reusable things instead of disposable ones.

Beyond the visible plastic are microplastics, which come from the slow breakdown of bigger plastics. They are even in athleisure wear. "Every time we wash our clothes, we're washing small microplastic fibers into our waterways and into our air," Morath says. Scientists have detected microplastics in human blood samples, but federal and state governments haven't been testing for microplastics in water. (Late last year, California embarked on a pilot project to test for microplastics in drinking water sources.) Morath says from good data about the scope of the problem can come good policy.

She offers the caveat that there are always tradeoffs in any material solution to the problem. "That's why I think the best (approach for the individual) is just to work on reducing the amount of plastic we use, ... and then to think about alternatives."





Leah Wyrick ('22), right, with her mother, Nancy Wyrick. Below, the bra Leah designed to help cancer patients. Photos by Emily Clark ('24)

**LEAH WYRICK ('22)** spent her teenage years watching her mother battle cancer and wishing she could do more to help.

So, when her Salisbury, North Carolina, high school challenged students to come up with a 4-year-long research topic, Wyrick chose breast cancer. "To be at every doctor's appointment trying to figure out, 'How do I help my mom? How do I make this situation a little bit better?' That's what inspired me," she says.

At one such appointment, a surgeon told her that a better post-surgical bra could have prevented some of her mother's complications. Her mother had tangled with a drainage tube awkwardly dangling from a recovery bra, ripping a drain from her chest.

At age 18, Wyrick huddled at her kitchen table with a family friend who could sew and created a more comfortable, easy-to-wear bra with places to secure tubes and other parts. At first, she did not plan to bring her invention



## HOW TO Invent to Help the ill

to college. When she started at Wake Forest in 2018, she planned to major in biology and perhaps become a doctor fighting cancer. That changed early on when she noticed a "Pitch Over Pizza" sign for the Center for Entrepreneurship. She couldn't resist pitching her product, so she dug it out from the back of her closet at home and soon found herself enrolled in a class for startups, switching her major to business.

By junior year, she had started a full-fledged company named Three Strands Recovery Wear. She split time between classes and Winston Starts, a downtown incubator co-founded by Don Flow (MBA '83), the chairman and CEO of Flow Automotive Cos. and a University trustee, and John C.

Whitaker Jr. (P'04), a former trustee and founder of Inmar Inc. Her mentor at Winston Starts connected her with a manufacturer to help start production of what is now the Resilience Bra.

Meanwhile, interns she hired from Wake Forest helped get Medicare to provide coverage, and by last year Wyrick had produced enough bras through seed grants and savings to start testing with surgeons and patients. She sold bras online and made plans for expanding into pajamas and other products designed to make cancer treatment more comfortable.

"The thing that keeps me going is this: If I don't do this, how many people are going to suffer?" Wyrick says.







# HOW TO Follow Your Passion while Working a Full-Time Job

**WHAT IS HOLDING YOU** back from pursuing a passion outside your regular job?

If you're waiting for a chunk of time to begin your creative pursuit, you'll be disappointed, according to an alumna who juggles multiple roles.

"Nobody ever has that time in real life," says **Allison Crawford Ford ('05)**, a law clerk in the federal judiciary, mom, wife and, now, artist in Greenville, South Carolina. While managing her law career and family responsibilities, she painted her way to opening an abstract art and decor brand called Hello Allison Art LLC.

She calls it her "passion project" and has advice for others looking for a way to get started.

First, prioritize. Ford's sons, ages 6 and 10, come first. For her full-time job at the court, she says, "It's very important to always show up where you're supposed to be with your full 100 percent." She lights up talking about her law job, noting that it gives her a chance to work on the kind of community problem-solving that inspired her when she was studying political science and English at Wake Forest.

The job gives her financial flexibility to say yes only to art assignments that suit her schedule and interests. "Having the pressure off of a passion is what makes it fun," she says.

With a fairly predictable work schedule, Ford employs her favorite calendar



tools to plan the week. She describes her days as "keeping the ball rolling" at a steady pace so she can pivot when something comes up.

Don't fall for the illusion that others are "doing all of the things" shown on social media, she says. She and her husband rely on each other to manage their home life.

While painting adds to her plate, she finds it makes her a better mom, wife and law clerk. "(Give) yourself a few minutes to just explore something that makes you happy and replenishes your soul and helps you come to something in a different light," she says.

Fifteen-minute increments add up, even if she's going over to the easel while dinner's in the oven.

Ford points out that your passion project might result from exploring something new to you.

She was 10 years past graduation from Wake Forest and a new mom in a break between jobs in her legal career when she took a course at her local arts center. Something clicked.

She posted a few of her textured, colorful canvases on Instagram, and followers started making offers. Her passion project grew organically as she nourished it. In turn, it nourishes her.



# HOW TO Keep Your Bones Healthy as You Age



**WHEN PEOPLE SAY** they want to lose weight, what they really want is to lose fat. But losing weight — or fat — can lead to the loss of muscle and bone, which is especially a problem for older adults already experiencing age-related declines in these tissues, says **Kristen Beavers**, associate professor of health and exercise science and a registered dietitian.

"The interventions that I work on try to improve the quality of weight loss by maximizing fat loss and minimizing loss of muscle and bone," she says. Beavers studies how exercise type (for example, resistance training or aerobic exercise) during weight loss affects bone health and whether a high-protein diet can preserve muscle mass and mobility in older adults living with obesity.

As you're trying to lose weight, make sure you have the recommended daily amounts of protein, calcium and vitamin D in your diet. "That can be hard to do, so it requires some intentionality," she says. "There are lots of multivitamins that can help folks achieve (the recommended amounts) if their diet alone isn't sufficient. You don't need to have super amounts of these things. You just don't want to be deficient."

And there's no secret to what we should be eating, Beavers notes: fruits, vegetables, low-fat dairy and high-quality proteins. If you grew up on the "food pyramid," check out [MyPlate.gov](https://www.myplate.gov), which can "generate what your meal plan should look like," she says.

Resistance and weight training while dieting also helps preserve muscle mass. "The fly in the ointment is that oftentimes people don't like to do those things," she says. Many older adults enjoy walking, which provides

cardiovascular and mental health benefits, but walking alone isn't that helpful for stimulating the musculoskeletal system, she says. Wearing a weighted vest as they go about their regular day may help older adults maintain bone and muscle as they lose weight.

"What we're really trying to do is sneak loading exercise into everyday activities," she says.

Many older adults focus on bone health because they fear falling, breaking a bone — and losing their independence. "To minimize fall and fracture risk, balance training and home and environmental modifications are also important considerations," she says.



HOW  
TO

# Detect Poppycock

## AS A SOCIAL PSYCHOLOGIST,

Professor **John Petrocelli** has spent his career researching social behavior, focusing about a decade ago on one behavior with an informal name that Merriam-Webster defines as talking “foolishly, boastfully or idly ... especially with the intention of deceiving or misleading.” You might know it as BS.

Petrocelli’s inspiration came from revisiting a paper by philosopher Harry Frankfurt that discusses the contrast in the ways we punish liars — firing, expulsion, prison — and how we cut people slack when they engage in the other behavior.

“My basic hypothesis is that (BS) is just as bad (as), if not worse than, lying,” Petrocelli says. In a series of experiments, he’s trying to learn more about the causes and effects with the goal of developing strategies “to better anticipate it or detect it.” His findings led to a popular TEDx talk and a book of his own. Here are a few of his best tips.

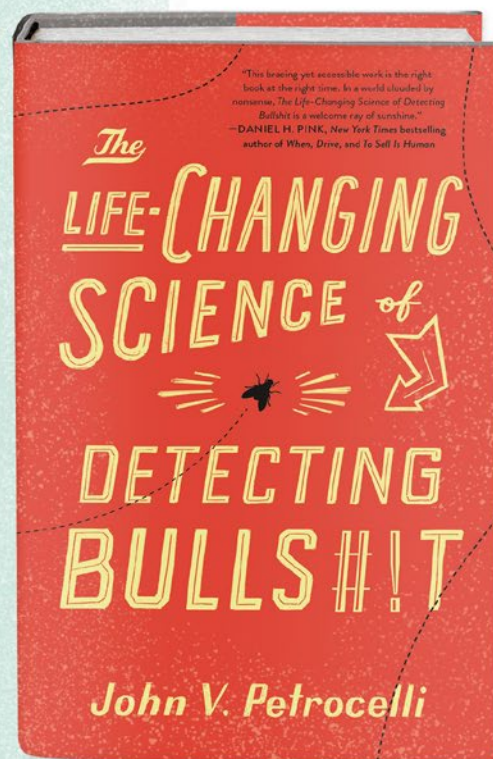
It’s human nature to avoid conflict and confrontation, so we need examples of how to question claims in nonthreatening ways rather than sidestepping them. Phrases that may work include asking someone to “tell me more about that,” or “can you explain what you mean?” or “what does that look like?” Petrocelli says. “When people are confronted with that question, they tend to start to dial it back and say, ‘Here’s what I really mean.’”

Be curious, and ask about the source with a simple question: “How do you know?” What’s even more effective, he says, is asking whether the person has considered any evidence that might undercut the argument. You could ask: “How might your claim be wrong?” Or “have you considered any alternatives?” Most people don’t think about that, he cautions, “so it can be mind-blowing.” The answer can provide insight into “whether they’re interested in the truth.”

Finally, if you’re considering a claim made in social or news media where you can’t interact with the person making a claim, the basic questions used in critical thinking apply: “Who’s claiming this? What is their expertise? What might their agenda be, and what have they said in the past? What is their reputation?” he says.

Petrocelli is testing a theory now that poppycock shared by people we know personally “has more influence than something you might see on CNN or Instagram.”

Stay tuned.





# HOW TO Nurture Friendships

**MORE THAN 60%** of young adults report “serious loneliness,” deepening an “epidemic of loneliness in America” that appears to have increased since the outbreak of COVID-19, according to a 2021 Harvard Graduate School of Education report.

**Marianne Erhardt**, an assistant teaching professor of writing in the English department, cites that report in her first-year writing seminar, *What Are Friends For?*

Writing can be a way to explore our ideals of friendship while building our social connections, she says. Her students interviewed peers, role models and parents they think exhibit traits of a good friend — friendship exemplars — to ask what makes a good friend. Here’s some of what they found.

Be curious about other people. Be vulnerable. Especially for adults, it gets harder and harder without structures, such as a shared class or a fraternity or sorority, to foster friendships. It can be nerve-racking to say, “We’ve just met, but would you like to meet for coffee?” Erhardt says.

Be willing to play, she says. Say “yes” to a lot of things, especially if you’re in a new place. Join a book club, and if you

discover it’s not for you, move on to something else.

Embrace the in-person and the virtual. A quick virtual check-in can help you stay in touch with friends, but challenge yourself to meet face to face. If it’s important enough, schedule it rather than continuing to say, “We should get together sometime.”

It’s never too late to renew an old friendship. Chances are the people from your past you remember fondly probably remember you with the same affection and would welcome the chance to reconnect, Erhardt says. “Everyone feels this tug of guilt, ‘Oh, I didn’t keep that relationship up.’ There’s something special about relationships that you made when you were younger because these are the people who’ve known you through different phases of your life.”

Don’t confuse friendship and popularity. They’re two different things. “Most students were concerned with the deep meaningful friendships that so many of us don’t have,” Erhardt says.

Practice and revise. “Friendships require care. And each one will evolve over time, and that’s OK,” she says.



PHOTO / TRAVIS DOVE ('04)







HOW  
TO

# Teach Struggling Readers

**ASHLEY SINGER ('13)** understands the power of individual attention.

During her first year at Wake Forest, she received a shocking diagnosis: narcolepsy. On her worst days, she feared she wouldn't graduate, but her professors — especially those in theatre — rallied around her with genuine care. "It was a group effort," she says. "I would have given up."

Those experiences helped shape her thinking about establishing a nonprofit in her hometown of Chestertown, Maryland, to embrace struggling read-

ers. Open Doors Partners in Education began in September 2020 when it was clear to Singer and her colleague, both reading teachers at a private school, that the COVID-19 pandemic had worsened an already grim situation for literacy in their county. The two women created the nonprofit to help.

Singer already had found her passion for teaching reading, having earned a master's degree in curriculum and instruction with a focus on reading, all while managing her narcolepsy. She helped craft the vision for the nonprofit

to offer free and low-cost literacy tutoring services for students and adults. Open Doors' toolbox includes the Orton-Gillingham approach, which uses multisensory lessons to teach reading, writing and spelling to students with learning difficulties.

Singer employs what she calls "the systematic, explicit approach to teaching phonics" while making it fun and offers one-on-one tutoring. National research has concluded that 95% of children can be taught to read by the end of first grade, and that's a motivator for Singer.

"You need to consider the student as an individual who is worthy and valid on their own, so I never approach a struggling reader as 'I am an expert who can teach you, and you are lower; you do not know how to read,'" says Singer. "I always approach them as a rich individual who I'm interested in: 'I'm sorry that you haven't been given the opportunity to learn to read. ... I see that you have value, and I know that I can help you learn to read so that you can have more opportunity.'"

The nonprofit started with six students. Now, it has assisted more than 100 students — most of them from public schools. And it earned lightning-speed recognition from the Kent County Chamber of Commerce as the 2023 Organization of the Year.

"All of us at Wake Forest are very Pro Humanitate, and we want to make a better world," says Singer, who became Open Doors' full-time executive director in 2022. "We're not just creating a child who can read. We're healing a child, too."



PHOTO / ALEKSANDAR JANKOVIC





Ariel Smith, standing, doing research at a food truck; below, her barbecue judge certification. Photos courtesy of Ariel Smith



# HOW TO Judge Barbecue

**ARIEL D. SMITH**, an assistant teaching professor in the University's Center for Entrepreneurship, sampled treats from more than 500 food trucks while researching the economic and social power of Black-owned food trucks. As she puts it: "I ate my way to my Ph.D."

She also dug deep into writings on Black culinary culture and noticed in the book-flap bio of Adrian Miller, author of "Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time," that he was not only a lawyer but also a certified barbecue judge. That clicked with her, as many food trucks she visited featured a variety of barbecue

styles and meats, and she had grown up watching her grandmother serve as pitmaster at family gatherings in Birmingham, Alabama.

As the host of "The Food Truck Scholar" podcast, she seized on a social media post by Miller in early fall 2022 sharing how to become a barbecue judge and felt compelled to follow suit, Smith says.

So, two weeks after she defended her dissertation that fall, she was back in class — this time at the World Championship Barbecue Cooking Contest Judges Seminar in Memphis, Tennessee. As a graduation present,

her dissertation chair at Purdue University paid the \$109 registration fee, which included an instructional manual, along with a daylong class. The day started with a pre-test and ended with a post-test. (One note: The Memphis training certifies judges in pork; other certifying bodies focus on a broader range of meat. The Kansas City Barbecue Society, for example, trains judges on chicken, ribs and brisket in addition to pork.)

The test includes questions on pork-cut identification, smoking techniques, presentation and judging protocol, such as the best way to cleanse your palate between sauce tastings. (First, taste the sauce, then drink water; next, taste the meat, then drink water; and finally taste the sauce with the meat.) Students spend the rest of the day discovering the answers.


Smith learned the basics of "blind" judging, meaning judging plates of barbecue hidden under boxes. The course also covered comparative judging, where the pitmasters "give you the whole story, like it was smoked with apple chips or put in this brine or marinade. You listen to that spiel and go on to the next one."

The class affirmed her bias toward ribs "where there's a bit of tug to it — the meat doesn't fall off the bone," because meat that's too loose is overcooked, she says. At the end of the day, she passed, and she hopes to serve as a judge at the contest at this year's Memphis in May International Festival.





# Survive in the Wilderness



**BEFORE YOU GO HIKING** or camping, make sure you're prepared for whatever may happen. **Meghan Belanger**, assistant director of Outdoor Pursuits in Campus Recreation at Wake Forest, helps organize camping and hiking trips for students and directs the Wilderness to Wake pre-orientation program. Hikers and campers tend to get in trouble when they forget some common-sense precautions, she says.

If you're venturing out by yourself, let someone know where you're going and what time you expect to be back, she says. Leave a note with the same information when you park your car at the trailhead. Download Gaia GPS maps on your phone and use AllTrails to print off a paper map. Check the weather so you know what to expect.

Belanger always takes a satellite communicator, a Garmin inReach Messenger, with her. Paired with an

app on her cellphone, it allows two-way text messaging and can be used to send an SOS.

For longer trips, pack an extra day's worth of food and water and a water filter, she says. Particularly in the winter, make sure you have a shelter and enough clothes, in case you get lost. Know how to start a fire using flint and steel. Pack a compass and knife. If you're going to be in an area





known for bears, carry bear spray and a bear canister to protect your food. "And never sleep with food in your tent," Belanger says.

It's always a good idea to take a first-aid course, and pack a first-aid kit when you head outdoors. "You never know what can happen or who you may come across," Belanger says. "All of our students who lead trips must take a first-aid course."

If you get lost, don't panic. It sounds counterintuitive, but sometimes the best thing you can do is nothing. "Take out your map and figure out where you are and make your plan," she says. "Stay put unless you feel confident in retracing your steps. If you're fully lost and you're in the middle of nowhere, you're more likely to be found if you stay put."

If you can't stay put, hike up to find a cellphone signal or down to find a river,

which should lead to a trail or other people. "I got a little turned around once on a solo backpacking trip (in Washington state)," Belanger says. "I crossed a river and found the trail again, so it was all good. But that gut feeling (of being lost) isn't a good one."





PHOTO COURTESY OF DOPE COFFEE

# HOW TO Create a Vibe with Coffee

**WHEN MICHAEL LOYD ('06)** and his wife, **MICHELLE DUFFEY LOYD ('08)**, met at Wake Forest, they weren't yet coffee connoisseurs.

Michelle would make coffee from Krankies and "break the No. 1 rule of a French press," Michael says. She would let the coffee sit in the press. "You're supposed to pour all the coffee out because it's still brewing. It just is getting yucky and yuckier by the minute."

Today, they could write a coffee guidebook. As co-founders and owners

of Dope Coffee in Decatur, Georgia, outside Atlanta, they've made coffee their business. They've merged their deep interest in coffees grown around the world with their passions: Michael's music, art and design talents, honed in the recording studio he built in his Kitchen dorm room, leading to his first album's release party at Shorty's; Michelle's singing, which Michael first heard when she sang in the University Gospel Choir; their love of hip-hop; and Michelle's endless curiosity as a dieti-

tian and chef who analyzes coffees and brewing methods with the precision of a chemist in a lab.

Their company specializes in a multifaceted vibe. The couple sell coffee beans to other venues (including 500 stores in New York added in October), online, in their store and in beverages brewed in their roastery and brewery. Friends or friends-to-be can also enjoy hip-hop music, including by Michael, an art gallery, a recording studio and a basketball court out back,



for the community and for their own family. (Daughter Esther, 18, excels at music, dance and theatre; son Jayden, 15, is a basketball star; and Michael, 11, is a master coffee roaster with “a great business mind,” his dad says.)

Michelle says Dope Coffee introduces new tastes, particularly air-roasted African coffees, to Americans accustomed to standard, dark-roasted South American beans. The vibe helps open people to new experiences. “If you like music and you like hip-hop and you have a vibe that’s inviting, then that already warms you up to say, ‘Yeah, sure, give me a cup,’” Michelle says.

The two North Carolina natives discovered coffee shops in San Diego when Michael served as a Marine, but they couldn’t find one later at Camp Lejeune in North Carolina. So, they started Solar Cafe nearby. “Bam, we hit it. It was a five-star cafe,” Michael says. After Hurricane Florence in 2018, they pivoted to online sales, sold Solar Cafe and moved to Atlanta for its world-class hip-hop and more.

They define their vibe with three words: smooth, bold and togetherness.

“When I say smooth, ... what we’re working toward at Dope Coffee is just creating things that people enjoy,” Michael says. Being bold led to building a “coffee and sound” touring bus in the fall to showcase unusual coffees and the couple’s 2020 hip-hop album. Togetherness happens with hip-hop’s diverse audiences and with coffee drinkers who commune over their cups of Joe, Michael says. “We just want to take that, throw some music on top of it, and pull it all together.”

## HOW TO Use AI in the Classroom

**ALMOST EVERYONE** teaching anything has spent the past year trying to figure out how to use artificial intelligence to accelerate learning. Following the rollout of ChatGPT in late 2022, some universities issued campuswide policies, while others, including Wake Forest, have taken a wait-and-see approach. The University recently formed a working group to think through AI going forward.

**Betsy Barre**, executive director of the University’s Center for the Advancement of Teaching, thinks AI policies work best when they focus on what students in a specific course are supposed to practice. If the main goal is learning to write, “you actually have to practice — to do the writing yourself,” rather than relying on AI to do it for you, she says. But AI could help in the same ways a friend might. Although you wouldn’t ask a friend to write a paper for you, you might ask for help brainstorming ideas, providing feedback, explaining class material you found confusing or quizzing you for a test.

The AI policy she developed for her first-year seminar uses the analogy of learning to swim: “You could have AI explain how you swim. Assuming it had eyes, it could watch you and give you feedback

on your stroke. But if it swam for you, you would never learn to swim. You actually have to practice,” she says. “But there are some things we have to learn for which it can be super helpful.”

With the AI ground rules in place, how exactly do you utilize the tools? You can type in prompts to explain concepts, critique writing using a course’s rubric or quiz you on course material. Getting the prompts just right may take a few tries and a bit of coaching, Barre says. She has found that role-playing works best. For example, a law student might say: “You’re an expert legal tutor. I’d like you to engage me in a Socratic dialogue to teach me torts.”

Barre sees no danger of AI replacing the relationships professors develop with students, but she sees certain advantages. “I’m only with my students for 38 hours in a whole semester,” she says. She hopes the tools can expand students’ learning beyond traditional class time — and provide an extra boost for people with learning barriers, such as a chemistry major for whom English is a second language or a student with dyslexia or vision loss. “This is really a way of helping your students do better in your class. And who doesn’t want that?”



TWO COLLEGE STUDENTS who began writing letters as grade school pen pals to keep up their correspondence through eleven years of school and are now getting married in Twin Falls, Jan. 10, are, from left, Goldilocks, Engstrom, and his best friend, Ned Williams, in the center. The bride is Miss Williams, who is a local north and south. The English student decided early this year to marry the girl he had written to for so long.

[illegible]

"They Grew Up As Pen Pals, Then Met 11 Years After Exchanging The First Opening Letters," proclaimed the Twin Falls Times-News in a story that year about the two college students. Williams expressed surprise at Taplin's height of 6 feet and short hair. Taplin told the newspaper he had left England planning to hitchhike, and motorists won't stop for "long hairs."

## HOW TO

# Keep a Pen Pal for Decades



Early on the pen pals' letters discussed travel, school and sports — both guys played basketball. When they were young men, they wrote letters in which “part of you wants to impress someone,” Taplin says, “but the other part of you is trying to communicate what you’re thinking, who you are, what you’ve been doing.”

Both kept up the correspondence and visits. Both married and had families. Both became professors. Williams is a retired English professor at Brigham Young University-Hawaii. Taplin, who directs the international studies minor, has studied a range of industries — from coal to textiles to wine and, lately, luxury goods.

“I think it’s quite remarkable we could have so much in common,” Taplin says. “We’ve become really, probably best friends. ...”

The men have seen each other at least twice a year for the past 30 years. They eventually switched from letters to emails. Now they send texts. “Phone pals” has replaced pen pals as the label.

“Seems like after all these years, both of us still look forward to the next phone call, the next text message, the next photograph and the next face-to-face conversation,” Williams says.

And Taplin offers this advice for maintaining a pen pal friendship or whatever you want to call it in the digital age: “Just be nice to people.”



Taplin, left, and Williams appeared in a June article titled “Pen Pals still friends after 65 years” in the Times-News in Idaho. Photo by Eric Goodell/Times-News



# HOW TO Be the Change You Wish to See in the World



PHOTO COURTESY OF THE MANSELL COLLECTION/THE LIFE PICTURE COLLECTION

**IMAGINE LEADING** a nonviolent movement that triumphs over an empire.

That's what Mahatma Gandhi did. The lawyer who traded his suits for a loin-cloth championed the cause for India's independence from British rule and succeeded. But don't quote him on "Be the change you wish to see in the world."

Associate Professor **Raisur Rahman**, chair of the history department and an expert on South Asia, says it's more accurate to say: "We are but the mirror of the world." Gandhi's view was that "the tendencies of the outer world are basically the same as what we have in our body, and what we do is going to change what the outer world does and how it looks at us."

Rahman describes how Gandhi went from growing up in a conservative household to spending time in London with its wide range of cultures; failing

as a lawyer in Bombay; succeeding as a lawyer in South Africa; and then returning to India. Those experiences and his mistakes shaped his famous approach.

"If you want the world to be a better place; if you want the world to be a kinder place; if you want the world to be kinder to you, you need to start from yourself," Rahman says, and position yourself as an example. "You don't wait for good things to happen to you. Begin that change, and things automatically will move in that direction."

Despite his "follies and faults" that Rahman says Gandhi himself acknowledged, Gandhi "is far more important now than he ever was." His lessons can be applied at the individual level all the way up to that of the nation state.

"We want a fair, equitable, socially just and inclusive society. Gandhi has something to say about each part of

that," Rahman says. "He gives out this powerful message of nonviolence to deal with a violent world...."

He was nonviolent but not passive. He was nonconfrontational but not advocating complete surrender. (If a woman were attacked, for example, Gandhi would argue she should fight back with all her might.)

The core of Gandhi's philosophy and politics? Rahman says it is "Satyagraha, which is translated as 'Truth-force.' So, he says that more than fighting, he is about compelling people to believe in the truth.... Truth-force is if there is somebody who's inflicting atrocity on you, you basically go and not only bear with the atrocity but resist in a peaceful manner — so much so that you corner and push that person to stop doing that, and that's the real victory."



**HAVE YOU CONSIDERED** going on a pilgrimage? You have more options than ever.

**Alison T. Smith ('83)** has completed three pilgrimages totaling 519 kilometers on different segments of the famous Camino de Santiago, which has routes in Spain, France, Portugal and throughout western Europe. She walked the way of Saint Brendan in Ireland and has gone on "micropilgrimages." She is the co-editor of the book "Women and Pilgrimage" and another, coming in the summer, "Pilgrimage in the 21st Century: A Kaleidoscopic Inquiry." Smith is also an adjunct professor teaching first-year seminars and French at the College of Charleston in South Carolina and a retired associate professor of French at The Citadel.

"Tapping into an inner sense of peace. That is really what I think is at the heart of it," Smith says of a pilgrimage.

Being in nature while hiking the Pacific Crest or Appalachian scenic trails brings psychological and health benefits. So do pilgrimages, but the endeavors differ. "Going on a pilgrimage implies at least a duration of a time of walking. It could be just a day or two," she says. "The main thing is allowing yourself the amount of time you need to detach from your everyday preoccupations and worries to turn inward. For people of faith, it's going to be prayer. For people who are of a secular nature, it could be meditation, relaxation techniques, focusing on breath."

On the Camino, where it can take a month to complete the traditional route from the French border all the way across Spain, those on pilgrimage find camaraderie as they walk, sometimes moving at different speeds yet meeting at the end at Santiago de Compostela Cathedral, the shrine to Apostle James. "People call it your Camino family," Smith says. "It's one of the few times when people come together for peace." The journey is an important Christian pilgrimage route dating to the Middle Ages.

# HOW TO Make a Pilgrimage

With so many leading busy lives, few can find time for a monthlong pilgrimage. Out of the challenge arose "micropilgrimages." In the case of the Camino, it can mean doing segments over shorter periods. And it can mean plotting your own micropilgrimage from your backyard — walking on a saint's day or to a particular site.

Smith is devising one now in

Charleston. The 12-mile, daylong walk would begin at the International African American Museum, with suggested stops along the way, and end on Sullivan's Island, where enslaved people were quarantined. She calls it "my own personal reckoning with this part of history" in the city where she was born and resides.



PHOTO / GREGORY FISH



**IF YOU'RE LOOKING FOR** the hottest tailgate at Allegacy Stadium next football season, look no farther than the alumni who set up on game days in an honest-to-goodness firetruck with black and gold stripes dubbed Engine 1834.

The Grassy Knoll Tailgaters were named Lowes Foods Tailgater of the Year in 2022. They have a prime parking spot for Engine 1834, a nod to Wake Forest's founding year, at the intersection where the Blue, Red and Gold parking lots meet. A "pin" on Google Maps shows its precise location.

**Travis Young ('03)** leads the group, which includes college friends from the marching band and Alpha Phi Omega service fraternity, and other alumni. They first put out tables, chairs and grills on a slight grassy incline about 15 years ago and called themselves the Grassy Knoll Tailgaters. They had been using a trailer when they decided it was time to up their game.

"We were tailgating one day and had been out there a long time and had consumed a few beers," Young recalls, "and somebody said, 'Why don't we get a firetruck? Nobody else has a firetruck.' So everybody said, 'That sounds good.'"

Young, who is a real-life volunteer firefighter, searched websites that sell old fire equipment and found the 1988 Peterbilt fire engine. The truck was first used by a department outside San Diego to fight brush fires and respond to automobile accidents before ending up at a volunteer fire department in East Tennessee.

Young struck a deal to buy the truck in 2018 for \$4,000, with friends pitching in to help pay for it. Already painted white, the truck came "as is" with a water tank, pump and hoses that were later removed. The truck's emergency lights and siren still work.

The tailgate menu is typical ballgame fare: pork shoulders, ribs, hamburgers and hot dogs or "kegs and eggs" for an early kickoff. The ACC Network featured the tailgate during a Wake Forest game in 2022.

Young works in finance for the Office of Clinical Research at Wake Forest School of Medicine. He parks the firetruck, which averages about 8 miles to the gallon, at the house he shares with his wife, **Sarah Ivey Young (JD '14)**, about 30 minutes from the stadium.

The truck is definitely a "head turner," he says. "We get a lot of comments, (like) 'This is the coolest tailgating apparatus I've ever seen.' Kids love to come and climb on a real Wake Forest firetruck."





HOW TO

# Host a Crowd-Pleasing Tailgate





**THE SPANISH WORD** *zozobra* might be unfamiliar, but its meaning explains a lot about our world today.

The word means anxiety in Spanish, but Mexican philosophers in the 1940s and '50s, aware of their country's history of upheavals, defined it as a particular flavor of anxiety associated with social disintegration, says **Francisco Gallegos**, assistant professor of philosophy who specializes in the politics of emotion.

Gallegos says *zozobra* arises "when social norms that govern your world are unstable, where there's not a clear answer as to what you're expected to do or what the right thing to do is, either for you on an individual level ... or because ... a society's in process of transformation or disintegration, and there literally is no right answer anymore."

It's not merely a psychological state, but a state of existence without "a communal horizon of understanding"

that gives shared meaning to what we do, say and value, Gallegos says.

Pandemic? Climate disasters? Distrust in institutions? Fear of cancellation for saying the "wrong" thing? You get the picture.

(The Spanish verb *zozobrar* means to capsize, as in a boat. *Zozobra* also is the name given to a negative spirit, "The Gloomy One," whose "effigy" has been burned in an annual ritual in Santa Fe, New Mexico, since the 1920s.)

How does *zozobra* affect us, and how can we live with it?

Mexican philosopher Jorge Portilla identified the effects of *zozobra*, Gallegos wrote in a piece that won the American Philosophical Association 2017 Essay Prize in Latin American Thought.

First, *zozobra* leads to inaction because people feel helpless and don't know the right action to take. They develop cynicism: Why bother if you see no common good to defend, and effort is futile? They live in nostalgia, longing for a past that they believe made more sense. And they hold apocalyptic visions and "a profound sense of the fragility and contingency of life," Gallegos wrote.

How to cope? A first step is to recognize the anxiety as collective. Gallegos says Portilla saw a disintegrating society "like a thin spiritual atmosphere that stunts everyone's growth. ... Things are not going to be able to grow, so people will think it's their fault."

Redirecting attention to the collective can help us focus on compassion for one's self and for "the other whose behavior you might disagree with."

Gallegos says connecting with others can reset our sense of community and commitment to basic values. If the collective is disintegrating, we can work to rebuild it. The University can help foster new social formations, he says. "One advantage of living in a time of *zozobra* is that traditional values are no longer cliché and quaint."

Read Gallegos' essay, "Surviving Social Disintegration: Jorge Portilla on the Phenomenology of *Zozobra*" at [bit.ly/3Q6zzZK](https://bit.ly/3Q6zzZK)



# Live with "Zozobra"







# Encourage Others

**YOU SURELY KNOW** Arnold Palmer ('51, LL.D. '70) as a legendary Wake Forester, golfer and philanthropist. But did you know that he wrote letters prolifically throughout his life, replying to mail from fans and sending notes to other professional golfers?

The Wake Forest Traditions Council wanted to pay tribute to this part of Palmer's life during its annual Arnold Palmer Day last spring, a partnership with the Arnold & Winnie Palmer Foundation. Students gather to drink Arnold Palmers (half iced tea and half lemonade), buy popular souvenir T-shirts and participate in golf trivia and other events throughout the week.

"In today's world of texts and phone calls, receiving a physical note from someone can be incredibly uplifting, especially if you're going through hard times," says senior **Woods Curry**, co-chair of the Traditions Council.

Students on the council designed postcards using cheerful photos of springtime on Wake Forest's campus, true to the feel of Arnold Palmer Day, celebrated on the first day of the



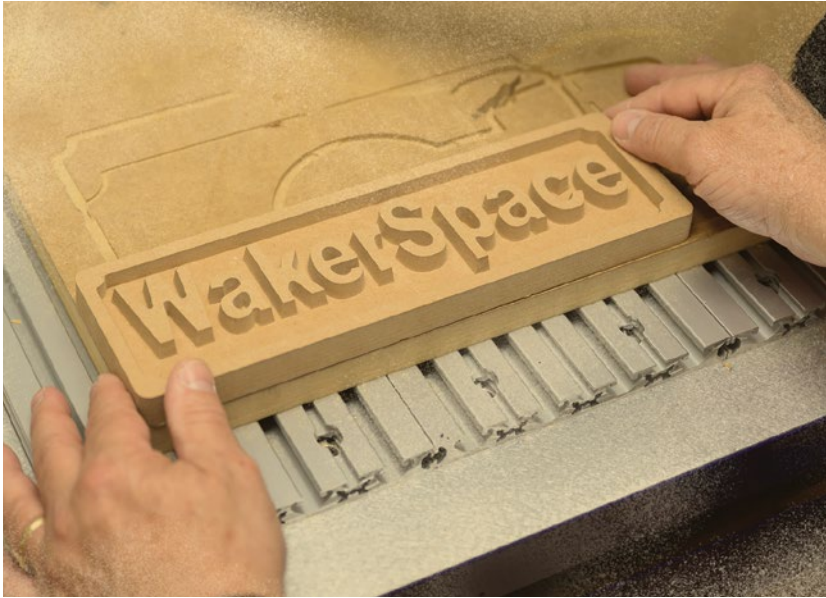
Masters golf tournament. The Traditions Council asked students gathered on Manchester Plaza to write encouraging messages on the postcards to children battling illness at Brenner Children's Hospital in Winston-Salem and at the Orlando Health Arnold Palmer Hospital for Children in Florida. The project honored the commitment Palmer and his wife, Winnie, had to children's health.

Students penned over 160 postcards using colorful markers. "You inspire me! Keep fighting hard!" one note read. "Sending you sunny smiles. Hope this brightens your day!" read

another. "You are so awesome, strong, and brave! Keep being you, because you are simply the best. Keep it up!"

Traditions Council members mailed the notes to the children's hospitals for kids to hang in their rooms for encouragement. For Wake Forest students, it was an opportunity to carry on the Pro Humanitate spirit that the Palmers modeled. "Not only does it make you feel good to receive a letter from someone hoping you're doing well, but it also feels good to write them," Curry says. "It's just special."





PHOTOS / LYNDSIE SCHLINK



# HOW TO Make Things on Campus with a High Fun Factor

**NO HOW-TO LIST** would be complete without WakerSpace, a meh-looking, trailer-style building at the edge of parking lot Q behind Wait Chapel.

What happens inside is anything but bland and not the least bit meh. You think Disneyland is the happiest place on Earth? **Paul Whitener (P '18, '22, '23)**, assistant director of digital fabrication and maker education, begs to differ. WakerSpace is tops, and, yes, that comes from the guy dispatched by Information Systems to work with students to launch the making in November 2018. Now, Whitener runs the place. And, yes, he's the guy likely to be crowned happiest employee at Wake Forest if there were such a competition. "I love my job!" he says. "I have the best job on campus!"

Step inside WakerSpace to understand why. To set the mood, you might pick a tune by The Temptations or Jimmy Buffett on the vintage jukebox in the "parlor" — seriously, that's its name. You're in a makerspace, defined on the wall as "a communal DIY place where all students and faculty can collaborate to learn, create and innovate using basic to advanced craft and engineering technology." Staff

members are welcome, too. Create to your heart's content here, and in the process, tend to your well-being through tactile pursuits.

The possibilities spark the imagination. Need to know how to use a 3D printer? Whitener and his cheerful troupe of student volunteers teach a workshop as your first step. Same with a laser cutter. Once you've been trained on the tricky machines (and safety), you can work your magic.

For one science class, students used 3D printers to make protein models. Art history students employed them to fabricate architectural elements. A football player used a laser cutter to create wooden plaques emblazoned

with poems he had written. The "Little Green Dress" class had students dyeing yarns with natural dyes and discussing sustainability in the fashion industry. The finale: a fashion show.

You can learn to knit and crochet. You can use the sewing and embroidery machines to rework a thrift store find. Want to paint? Find the acrylics and watercolors in the locker. Head to the room with fancy tools, and you can fix your bike. Finished? Step into the podcast room and tell the world about it.

WakerSpace visitors arrive and learn to do something they've never done before. "The joy, the thrill, the excitement they have!" Whitener says. He has seen the glory of it all.



Paul Whitener  
(P '18, '22, '23),  
who runs  
WakerSpace



# HOW TO Create a Successful Restaurant Concept

**GUY REVELLE III ('87, P '18, '25)** and **MARK GIBSON ('87)** see themselves as perfect foils in the thriving restaurant business they've built for 36 years.

Their Millennium Management Group Inc. (MMG) operates 11 venues, including two at Disneyland Park in Anaheim, California, three at Walt Disney World Resort's Disney Springs and six elsewhere in Florida, where the friends both live with their families.

Revelle, a history major from eastern North Carolina, says he and Gibson both handle operations and real estate, but Revelle is more of "a marketing concept creative guy... I'm the optimist."

Gibson, a mathematics/economics joint major from New Jersey, brainstorms with his friend and crunches numbers. ("Somebody had to do it," he says.) He acknowledges he's the pessimist — hence his answer when asked how to create a successful restaurant concept.

"My first bit of advice would be, 'Don't get into the restaurant/bar business,'" Gibson says, noting that roughly 90% of restaurants fail in the first two years.

Revelle says success requires work ethic, passion and creativity. "What takes it to the next level? I think it's culture, relationships and partnerships," he says. He and Gibson have senior executives who stick around, some for more than

three decades. Their company teams up with award-winning chefs and creates niches that emphasize entertainment. Location is key, and the 1,500 employees make or break the business, the partners say. "(Disney) put us through their wringers to make sure that the guest is always right," Revelle says. "It really has operationally made us even better."

Their three Splitsville Luxury Lanes restaurants combine high-end bowling lanes with high-end, shareable food. "We jokingly said the bar was set pretty low for food at a bowling alley," Revelle says.

Their wives thought they were crazy for planning two restaurants during the COVID-19 pandemic, which temporarily froze their business, he says. One is Everglazed Donuts & Cold Brew — the coffee kind and the beer kind — at Disney World. Revelle's son, Mac, a junior at Wake Forest, casually offered the name in honor of the Everglades. Guess it runs in the family.

Gibson advises starting with a restaurant group that helps with infrastructure, hiring, marketing and solving problems. Even after all these years, he says, "There's always 20, 30, 40 things between Day 1 and Day 31. You're, like, 'Oops, didn't think about that.'"

Persevere through failures and embrace the daily grind, they say. Revelle remembers long weekends at work while his Sigma Chi fraternity brothers who became bankers or lawyers played golf.

"If you love what you do and you're passionate about what you do, you don't work any day — you just live in it," Revelle says.

On either side of Goofy, Guy Revelle ('87, P '18, '25), right, and Mark Gibson ('87) celebrate as Splitsville opens in Anaheim, California.



PHOTO / THE WALT DISNEY CO.



**FILMMAKERS' DECISION** making on how to include and depict minorities, women and specific ethnic or gender roles is "often fraught with peril," says **Phillip Cunningham**, assistant professor of media studies.

Producers had to consider whether to risk hundreds of millions of dollars in 2018 to make "Black Panther," which is a "Black movie," meaning one with a Black director, a cast that is predominantly Black and a focus on some aspect of Black experience. How could they measure the risk, without precedent for a Black action film exceeding the previous top production cost of \$100 million? Should they accept the conventional wisdom that Black films don't sell well internationally, that African American culture is too uniquely American? (It turns out it was well worth the risk. The film, with a \$200 million production budget, has brought in more than \$1.3 billion worldwide. The 2022 sequel, "Black Panther: Wakanda Forever," succeeded on a similar scale.)

For consumers, the first question some might ask, Cunningham says, is whether representation still matters in 2024. He says the answer is "yes." Research at UCLA and USC Annenberg School for Communication and Journalism "bears out that, to some degree — yes, we've improved, (particularly on television, he notes). ... If you base things (on) percentages of population, Black folks are oftentimes overrepresented in entertainment media, whereas Latinos and Asian Americans and those who happen to be LGBTQ+ are often underrepresented."

How should viewers assess representation? Cunningham suggests

PHOTO / ALAMY/BFA/WALT DISNEY STUDIOS



# View Minority Representation in Movies

HOW TO

paying attention not only to quantity but the quality and complexity of characters. Do they have significant dialogue or stay in the background? Do they have power in their roles? Are they shown with stereotypes — do Black superheroes or villains have physical strength as a superpower rather than mental or scientific abilities? Do women talk to each other and influence the action or just respond to male characters? Do the characters exist only to advance the story of the white protagonist?

Cunningham cautions against thinking representation is a settled issue. He wrote an essay for The Conversation website in 2023 noting that the first "Black Panther" movie did not open the financial floodgates for Black films as expected, and he is wary of assuming that the sequel will.

"When there's a vacuum created in representation, even if it's just a perceived vacuum, people tend to get up in arms about it," he says.









# Think about Time Travel

**JUST TO GET THIS** part up top: These are the best time-travel movies with plausible narratives, according to Professor of Philosophy **Adrian Bardon**. He teaches about time, including time travel, and is author of "A Brief History of the Philosophy of Time."

"I have very strong views about what constitutes an acceptable time-travel narrative," Bardon says. Here is his list: "The Terminator" (1984), "Harry Potter and the Prisoner of Azkaban" (2004), "12 Monkeys" (1995), "Time-crimes" (original Spanish title "Los

Cronocrímenes" 2007), "Tenet" (2020), "Interstellar" (2014) and his favorite, "Predestination" (2014).

Now for the brain puzzles: the science and philosophy of time travel. First, is it possible? "The laws of physics, as far as we can tell, do not rule it out," Bardon says — though possible doesn't mean feasible.

Travel to the future actually was measured decades ago by scientists. "They just took an atomic clock and its twin on earth, and they put one on a passenger plane," Bardon says. When the plane returned from its trip, the clock aboard it and the one on the ground diverged by exactly the tiny fraction of a second that Einstein's theory of relativity predicted. The pilot had traveled to the future, albeit not far.

As for travel to the past, no one has shown that it's theoretically impossible, Bardon says. Einstein's friend,

mathematician Kurt Gödel (portrayed in the "Oppenheimer" movie), calculated a rotating space-time universe that would allow for a possible path of existence that circles back onto itself, going backward in time. Theories for "worm-holes" in the space-time continuum also allow for a path to the past. But the amount of energy required "even to send one marble back one second in time" would be "cosmic in scale," Bardon says. So, don't buy any tickets to the past.

There's only one story for the universe. It's a book already written, so it could include time travel, but that time travel has and always will be part of the same story. If Harry Potter goes back in time, he has always gone back in time. Bardon says that movies (to wit: "Back to the Future") in which time travelers influence the future by changing the past are faulty narratives.

In relativity, "now" only exists in a frame of reference, not as an absolute, Bardon says. In the current block theory of the universe, time and space are points in an unchanging four-dimensional block. In one frame of reference for "now," the dinosaurs are alive. In another "now," the Battle of Waterloo is taking place. "All those things have the same status," Bardon says.

"The past is not done with; the past exists."



HOW  
TO

# Make an Elevator Pitch

**YOU'RE ON AN ELEVATOR.** You have 60 to 90 seconds to make your pitch. Or maybe three to five minutes total as you step into the lobby and keep talking. Be ready to sell your idea — and fast.

Associate Professor of Communication **Rebecca Gill**, the Larry J. and LeeAnn E. Merlo Presidential Chair for Communications and Entrepreneurship, helps Wake Forest students breathe easier as they envision addressing potential investors. Anyone with a great idea to sell can find value in her advice.

Gill says the people pitching need to think not only about the content of their message, but also about the stories they are telling, how they are making connections with their audience, their ability to speak clearly and their persuasiveness in assuring the listener of the pitchers' competence.

In short, be prepared.

Gill breaks it down into four elements a pitcher needs to accomplish: identifying yourself and your company, explaining the problem you're solving, describing your solution and asking what you need. Be ready for longer conversations by preparing with this seven-step structure: First, create your one-sentence introduction, which makes your idea meaningful in light of another idea. "If you're trying to sell Bitcoin (as an idea), then you want to say, 'Well, it's

digital money,'" Gill says. "If you're talking about mining Bitcoin in a computer, that's where it gets confusing."

Second, explain how your idea solves "a headache problem" — better yet, "a migraine problem" — not something that can be fixed by taking a vitamin. "You want to show them it's a big problem; it's an important problem; it's a meaningful problem for whoever the audience is."

Third, present the solution. "This is where you say, 'I've got the painkiller. This fixes the problem because it's better, or it's faster, or it's different.'" Fourth, define your target customer and the size of your market. Fifth, talk about your team — why you should be listened to and who you've brought on your team to make up for any of your gaps.

Sixth, show traction for your idea by mentioning early adopters or funding received. Last is the ask: Make a clear statement of next-step needs, whether they be investors, advisers or expert assistance.

"Throughout all of this," she says, "you really want to be trying to bring something to life that doesn't yet exist, make something that doesn't yet exist seem real and then also connect with the audience, which is always through story."

One other pro tip: Gill recommends "The Pitch" podcast for good and bad ways to pitch an idea.

PHOTO / GARY W. GREEN/ORLANDO SENTINEL/TRIBUNE NEWS SERVICE VIA GETTY IMAGES







HOW  
TO

# Become an NBA Team's No. 1 Fan

**AN ORLANDO MAGIC** game isn't over until the Fat Guy has done his shtick. Superfan **Dennis Salvagio (JD '73)**, aka the Fat Guy, "has been entertaining fellow fans for decades with his rousing, rollicking, dancing, prancing support of the team." That's how the Orlando Sentinel has described his game antics.

Salvagio, a retired criminal defense lawyer, brings the fun to Magic games in custom-made blue, white and black outfits. "Basically, I'm the guy who gets the crowd up when they need to get up. I look at myself and think, 'What's that crazy (guy) doing?' Yet everybody loves it."

His devotion to the Magic spans

nearly 35 years. The NBA television show "Inside Stuff" named Salvagio fan of the year in 1991. The sports website Deadspin named him the Magic's top fan in 2022. The Seattle Times has even given him a shoutout: "The short, round Orlando lawyer with his long, curly mop of hair became a Florida celebrity ... when he began jogging — well, chugging — around the arena floor during critical moments of Magic games, bringing fans to their feet."

Salvagio shot to fame on March 3, 1990. "I was discovered before Shaq (Shaquille O'Neal) and Penny (Hardaway)," he points out. Orlando, in its first season in the NBA, was locked in a tight game against the then-Washington Bullets. Salvagio was shown on the arena's large screen dancing — swinging his hips, "boom, boom right" and "boom, boom left" — and encouraging fans to stand up and cheer. Orlando's mascot, Stuff the Magic Dragon, kissed him, and the crowd went wild.

The Orlando Sentinel wrote that he "stole the show" and dubbed him "the Fat Guy." And no, he's not offended by the name. Salvagio, who is 5 feet 4 inches tall, weighed about 300 pounds at one time but has slimmed down to 167 pounds.

He's often recognized around Orlando — and once on vacation in Rome — with shouts of "Hey, Fat Guy!" With notoriety comes responsibility to give back, he says. He speaks to school and civic groups, hosts charity events and sponsors a golf tournament to raise money for schools.

At 75, Salvagio is in better shape than ever. "Who else my age gets to do something like this?" he asks. "The kids who were 5 and 10 when I started 35 years ago are now 40 and 45 and have kids of their own. They bring their children up to see me at the games and we high-five one another."









PHOTO / KEN BENNETT

# HOW TO Get the Most from Mentoring

**HAVING A GROWTH MINDSET** is one of the two most important skills you can develop over the course of your career, says **Allison E. McWilliams ('95)**. The other is the ability to build relationships with people who support you as you grow and achieve your goals.

McWilliams, assistant vice president of mentoring and alumni personal and career development, returned to her alma mater in 2010 to help alumni, students, faculty and staff build relational skills. She also writes "Your Awesome Career," a blog for Psychology Today about the personal and professional development of young adults.

Mentorship is not the only type of relationship you'll build during your career, but it's one of the most important. You will likely have a number of mentors, and mentees, over time as your needs change, so mentorship doesn't have to mean finding that one "be all, end all" person.

Here are McWilliams' tips for making the most of mentoring relationships:

**Set goals.** Mentees should do the work of setting and achieving their goals. The mentor "should never care about your growth and your development more than you do," McWilliams says.

**Be committed and present.** Show up on time. "Hold that time sacred, and be prepared and *there* in the

conversation," she says. Mentees, think through questions in advance. Mentors, be intentional as you consider a commitment to a potential mentee. If you might have to back out of the relationship, it is better to say no and help the mentee find another person instead.

**Give and receive feedback.** A mentor can help and encourage a mentee by offering insights into the mentee's strengths and growth areas. But before you do, McWilliams says to consider, "Are you doing it to help them make progress on those goals? ... Or is it just an opportunity to sit on your soapbox and give feedback?"

Mentees should be open to learning from feedback, but so should mentors, who can grow in knowledge about shortcomings and biases.

**Be grateful.** Mentees, always say thank you.

McWilliams believes the fundamentals of great mentoring relationships make all our relationships better. "Ultimately, it is about showing up and being present with another person," she says. It's about "building trust and rapport with another person, asking great questions and listening. ... It's about providing encouragement to one another, right? If we did that in all of our relationships, ... everything wouldn't be perfect, but it would take care of a lot of things."



# HOW TO Think about Privacy in the Age of Surveillance

**PUT AWAY THE TRENCH** coat and fedora. You probably don't need to be on guard for computer espionage the way **Shane Harris ('98)** does, but you might want to heed his tips.

A staff writer covering intelligence and national security at The Washington Post since 2018, the award-winning Harris worked a similar beat at various publications after the 9/11 attacks. He has written books about national security, the rise of the surveillance state and spies.

Harris says he has experienced at least two instances in which foreign governments — Russia and Iran — tried

to access his computer, communications and emails. As part of a broader effort in 2016, a Russian group was sending "spearfishing emails designed to look like they come from someone you know or to appear legitimate in some way," he says. The trick lures the receiver into clicking on the link or file in the email, which then downloads spyware or malicious viruses onto the computer. Harris didn't fall for it.

Vigilance about digital security is part of the job: "You just always assume that there is some organization that would be interested in accessing your communications and getting access to the people you know and what they're telling you," he says.

For security for anyone, Harris advises the first and most important step is two-factor authentication whenever you can set it up. Think about logging into your bank account. You typically need more than just a username and password to get in. Even Harris' newsroom insists on such a system internally.

For sensitive texts and phone calls, Harris uses encrypted applications. In his case, it's Signal. The app wins the vote of confidence for "journalists' safety" from Reporters Without Borders, a nonprofit with a mission to defend independent journalism.

Sometimes Harris covers his camera on his computer. A Band-Aid can suffice. He's careful about using social media. Traveling overseas on a reporting trip, he won't post on Instagram or X and won't allow his tweets to be geolocated to pinpoint his locations.

Try to shift to passphrases instead of passwords, Harris says. He points to the Electronic Frontier Foundation for guidance on protecting online privacy. He also advocates employing a password manager to keep passwords secure and generate hard-to-guess passwords. He uses the Keeper app.

In general, beware of the "misleading information swirling around social media," just as Harris' intelligence sources are. "It requires that consumers of news have to be so much more judicious, discerning and skeptical," he says.





A celebration of the Diwali and Eid holidays in Benson University Center in 2018



PHOTO / RILEY HERRIMAN (22)

HOW  
TO

# Have Difficult Conversations

**NELLY VAN DOORN-HARDER**, professor of Islamic studies, has a world of experience, literally, in observing how people with conflicting views and beliefs can find common ground.

A native of the Netherlands, van Doorn-Harder earned degrees in theology and Middle Eastern studies and a doctorate in religious studies, focused on women in the Coptic Orthodox Church in Egypt. She set up a refugee program in Cairo for both Christians and Muslims from several African countries and Romania. She taught Islamic studies in the Netherlands and Indonesia, a primarily Muslim country where she created an interfaith dialogue program.

She is married to an American and came to Wake Forest's Department for the Study of Religions in 2018.

In her refugee work with Somali Muslim and Ethiopian Orthodox refugees, she began seeing the need for interfaith conversations.

The right environment is key for people to get to know each other as individuals with their own stories and personalities rather than as "other" or "enemy." This opens people to trusting each other and talking about deeper issues without anger or fear, van Doorn-Harder says. People more easily connect when they face similar challenges, she says.

Creating a safe space is fundamental. The ingredients are basic. First, people need a safe physical place to meet. "Our agency was connected with a church. Churches and mosques were one of the few places that allowed for humanitarian activities, ... for being able to do something human together," she says.

Food carries that magic. "They can understand each other's food patterns and what they eat. Actually, people became very excited (about having meals together). So we found a little fund to give people grocery money so that they could make their own, an Ethiopian dish or a Somali dish to share. Sometimes it was a Western dish. Everybody loves pizza. ...

It opens up conversations."

The next step was to introduce the topic of religions, van Doorn-Harder says, looking for places where beliefs overlapped. For instance, groups would look at how John the Baptist is portrayed both in the Bible and in the Quran, where he is venerated by Muslims.

"One of the tools of hatred is to make sure that you don't meet the other side. And that is what we see in a lot of communities..." she says. "You can vilify people as long as you don't know them."

Differences can lose their venom when "you actually get to know someone from the group that you hate or despise so much."





# **Cement** **Your Deacon** **Friendships**

**WE ALWAYS LOVE** hearing stories of the many Wake Forest friend groups that have continued after graduation day.

But what you don't always see from the outside are the effort and commitment required for friendships to stand the test of time. One such group that knows what it takes adopted the name "The Wild Women of Wake Forest," 14 women from the class of 1975 who met freshman year.

"It is those bonds that we've formed," says Janice Kulynych Story, one of the Wild Women who shared the group's advice for alumni who want to retain, or reignite, their college friendships. "They're so precious to all of us that we want to keep it going."

It's never too late to reinvigorate your college friend group. The Wild Women rarely gathered during grad-

uate school, moves, new marriages and children. It wasn't until 2002 that Vickie Cheek Dorsey invited everyone to Cashiers, North Carolina, for a weekend. (Sometimes it takes one person to stand up and get the group organized, Story says.)

During their now regular trips, they shop, cook, hike and enjoy one another's company. Night owls stay up talking until 1 a.m.; early birds drink coffee in their bathrobes. Last year, they threw themselves a 70th birthday party at the beach, complete with champagne and cake. The women make every effort to attend each gathering, freeing up their calendars if at all possible.

Their effort goes beyond reunion trips. "Whether it's a pat on the back, whether it's a hug, whether you're sitting there crying your eyes out with a friend

because something tragic has happened, I think it is part of it," Story says. When one woman was going through a divorce, another went without hesitation to stay with her for a few days.

The Wild Women are an opinionated bunch who mostly get along. (They recommend avoiding politics.) "No judgment," Story says. "None of us are perfect, and we all realize that."

They have exchanged long email chains for years along with cards, phone calls and letters, and now they share funny Instagram posts, too.

Yet, it seems like one of their keys to success is spending time in person.

"Nothing can replace just being right there, sitting at a table and saying, 'These are my college friends. And this is 50 years later,'" Story says. "It's pretty phenomenal."



## The Wild Women of Wake Forest

**Jan Rosche Aspey** ('75)  
**Jennie Bason Beasley** ('75, P '07)  
**Cindy Ward Brasher** ('75, PA '76)  
**Vickie Cheek Dorsey** ('75, JD '78, P '08, '15)  
**Lynn Killian** ('75)  
**Kathleen Brewin Lewis** ('75)  
**Deborah Roy Malmo** ('75, MBA '79)  
**JoAnne Green Marino** ('75, P '05)  
**JoAnn Mustian** ('75)  
**Gail V. Plauka** ('75)  
**Norma Pope** ('75, P '12)  
**Leslie Hoffstein Stevenson** ('75)  
**Janice Kulynych Story** ('75)  
**Becky Sheridan Williford** ('75, P '08, '13)



**Back row, from left:** Leslie Hoffstein Stevenson ('75), Kathleen Brewin Lewis ('75), Gail V. Plauka ('75), Norma Pope ('75, P '12), Lynn Killian ('75), Vickie Cheek Dorsey ('75, JD '78, P '08, '15), Janice Kulynych Story ('75)

**Front row, from left:** JoAnn Mustian ('75), Jennie Bason Beasley ('75, P '07), Cindy Ward Brasher ('75, PA '76), Jan Rosche Aspey ('75), Becky Sheridan Williford ('75, P '08, '13)



HOW  
TO

# Reduce the Stigma Around Mental Health Issues

**JULIET LAM KUEHNLE ('06)** is a therapist who goes to therapy, takes medication for her mental health and does not hesitate to talk about any of it.

"The more we can own our vulnerabilities and be authentic, it gives permission for others to do the same," says Kuehnle, who lives in Charlotte. "We all

have mental health, so I talk about it as kind of the ultimate trifecta – physical health, spiritual health, mental health. And to me, mental health is foundational to all of those."

She uses platforms beyond her practice to aim squarely at the misconceptions about mental illness and knock them down. Her book is "Who You Callin' Crazy?!: The Journey from Stigma to Therapy," and her podcast is "Who You Callin' Crazy?!" She seeks to normalize the dialogue around mental health and erase the stigma so that "we can

all own our humanness and maybe even proudly claim, 'Yep, I go to therapy!'"

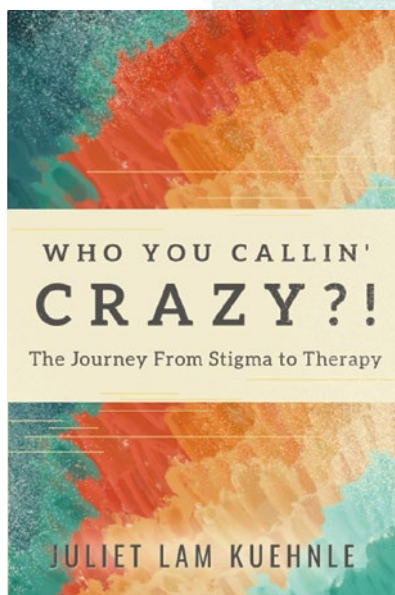
Her tips for reducing the stigma? First is to have an awareness of it — from the "public stigma" often attached as a label to those with mental illness to the "self-stigma" that manifests in internalized shame. It's important to be aware of different categories of stigma to stop perpetuating

the behavior, she says, and to speak up when others make negative comments about mental illness.

Second is to pay attention to language. That's the point of her catchy book title. "It's like taking power back," she says. It's also about listening for language that minimizes or dismisses mental health issues. An example: "Don't be so OCD!" is tossed around flippantly on social media, she says, without commenters showing they have clinical knowledge about the nature of Obsessive-Compulsive Disorder. (It's described as a long-lasting disorder in which a person has uncontrollable, recurring thoughts and/or behaviors that he or she feels the urge to repeat over and over.) In other words, know the facts.

Third is to practice vulnerability, which gives others permission to do the same.

The pandemic underscored the need for addressing mental health issues, Kuehnle says. As a "stigma buster," she hopes to turn "the moment into a movement." And she continues to urge people to seek help when they need it. "You're not the only one feeling whatever it is you're feeling. Reach out to share what's going on, to ask for support. There's no need to walk through it alone."





**THE WORLD ONCE** surrounded humans daily with Mother Nature's perfume, but modern society encloses many of us in sanitized homes, work spaces and cars. Our goal often is to eliminate bad odors rather than experience pleasant ones. Evolution certainly favored those who could smell a forest fire or rotten eggs, but good smells have purpose and meaning, too.

**Jude Stewart ('96)** offers ideas for pumping up our neglected olfactory sense in her book, "Revelations in Air: A Guidebook to Smell." It explores the amazing nature of our olfactory super powers, including evoking memories in a way no other sense can match. She is a writer in Chicago whose Stewart + Company creative agency specializes in content strategy and development.

A recent study showed a 226% increase in cognitive capacity for older adults after six months of fragrances wafting through their bedroom for two hours a night. "So, we have the science," Stewart says. "The qualitative argument is about mindfulness."

Smell is fleeting and requires physical presence, she says. "You're pinning yourself in a moment, ... not doing anything else, ... and we need more of that in life."

Stewart suggests sniff-strengthening exercises:

- Keep a daily journal of smells and focus on precise language to heighten awareness. Your smell will improve.
- Crush materials in your fingers to coax airborne smells from solid sub-



HOW TO

# Make the Most of Your Nose

stances. Water unlocks smell, so use a spritzer. A moistened paper towel inside a glass jar (impermeable, so it doesn't add any smell) will amplify the scent. Notice smells when it rains or the humidity is high.

- Movement sends more scent molecules into the air, and your own movement helps you capture them. Move your head back and forth, since one nostril often is more sensitive to smell than the other. Or wave the source under your nose, as perfumers or sommeliers do.

- Play a game, inspired by olfactory artist Maki Ueda. Have a friend hide smells around a room so you can search for them blindfolded. "You could blindfold yourself," Stewart says, "(but) that's dangerous."

- Like actors who use scents to create memory and emotion for a scene, have a scent around you "that makes you feel like a million bucks."

More at [bit.ly/3ICtLXQ](https://bit.ly/3ICtLXQ)



# HOW TO Play the Carillon

**WHEN YOU ENJOY** the alma mater or a Beatles classic or even a Bruno Mars tune coming from the carillon in the Wait Chapel tower, remember one thing: "People often don't realize there's a real person up here," says University carillonneur **Anthony Tang ('11)**, who learned to play the carillon when he was a student.

The carillon is played from a keyboard with two rows of 48 wooden batons, or keys, similar to a piano, and pedal keys. Carillonneurs — for whom previous experience playing the piano is a plus — "strike" the batons with the pinky-finger edge of a fist. It doesn't take much force to push down a baton, but it does take concentration and coordination. Varying how hard and how fast a key is hit changes the mood, tone and sound.

"You can really emote," says Tang, who is director of strategic development in Wake Forest's University Advancement office. "It's not like a computer where it's the same every time." Tang has mastered his playing style so that his hands glide across the keyboard, often using his fingers instead of his closed hands.

The small carillon room is sandwiched between the tower clock room and the space where the 48 bronze bells hang on a multilevel steel framework. Officially the Janet Jeffrey Carlile Harris Carillon, it was donated by the Very Rev. Charles Upchurch Harris ('35, L.H.D. '80), in honor of his wife, Janet, and installed in 1978. The bronze bells, cast in Annecy, France, range from 28 pounds to 4,397 pounds and collectively weigh about 12 tons. Only three of the largest bells actually swing.

Five of the largest bells can be programmed from the carillon room or Tang's phone to automatically play



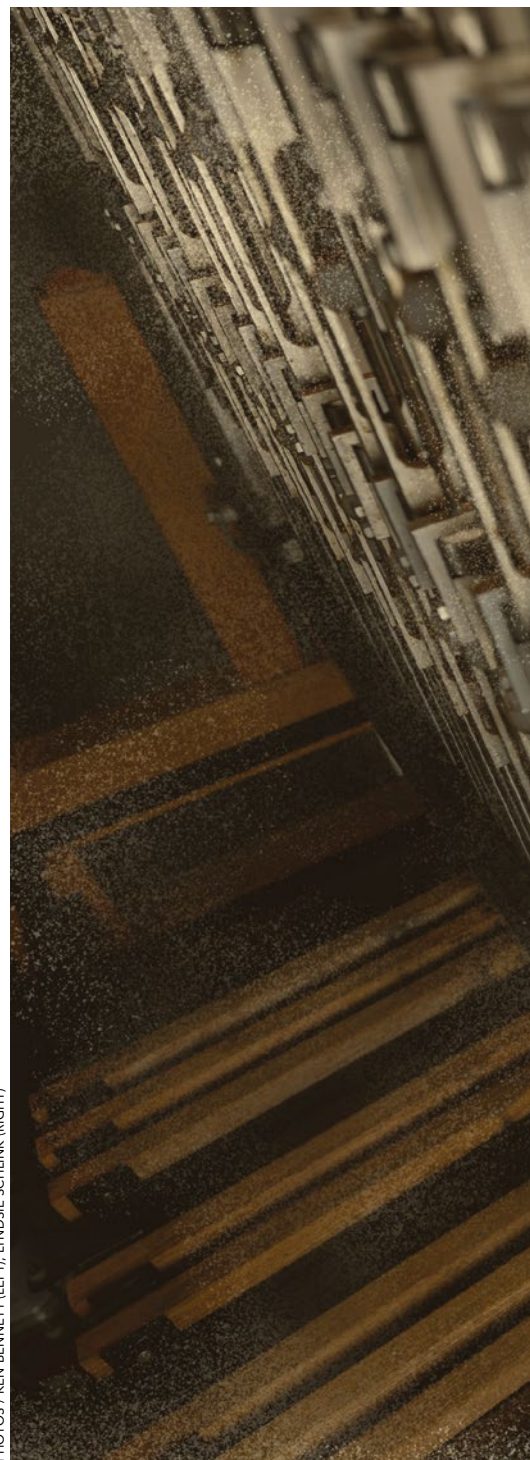
the funeral toll (striking one bell slowly over long intervals), the Westminster chimes melody (to mark the hour) and the celebration peal (familiar to anyone who's rolled the Quad). Otherwise, it's Tang or a student playing the carillon.

Tang's favorite songs to play on the carillon (after the alma mater and fight song, of course) are:

1. **"The Music of the Night"**  
From "The Phantom of the Opera"
2. **"My Way"**  
Frank Sinatra
3. **"Leaving on a Jet Plane"**  
John Denver
4. **"Amazing Grace"**  
John Newton
5. **"What a Wonderful World"**  
Louis Armstrong

"Every time I come up here is a special moment," Tang says.

More at [bit.ly/247F2Ar](http://bit.ly/247F2Ar)



PHOTOS / KEN BENNETT (LEFT), LYNDSIE SCHUNK (RIGHT)







# HOW TO Get Back to Nature in Death

**TANYA MARSH**, senior associate dean and professor of law, sees a death-care revolution in the United States when it comes to what happens to our remains. Don't be surprised if you hear about "human composting." It really is a thing, and Marsh's students helped make it happen.

"For several generations, people were just happy to defer to the authority of the death-care industry," says Marsh. She created the first course in a U.S. law school on funeral and cemetery law.

Before the Boomer generation, the question wasn't whether you would be buried, but what kind of casket you would buy and what day to have a viewing, Marsh says.

But more people began looking for less expensive and more flexible options. Communities realized cemeteries take up valuable land. In 1972, fewer than 5% of Americans chose cremation, which had been legal for 100 years, Marsh says. By 2015, the rate had climbed to 50% and will soon exceed 70%, she says.

Younger people want even less environmental impact than cremation, which uses fossil fuels. "Green burial" is catching on as an option, even though it has been the predominant method for most of human history, she says. Americans didn't embalm bodies until the Civil War, and "traditional" funerals only became customary during World War II, she says.



The Recompose composting vessel turns human remains into soil.

PHOTOS COURTESY OF RECOMPOSE

She notes "the irony of a minister standing over a grave and saying, 'Ashes to ashes, dust to dust,' and then putting an embalmed body inside a steel casket inside a concrete box."

The speed at which states and the public have embraced new technologies allowing, also ironically, a return to nature "is unbelievable," Marsh says. Besides cremation, options include green burial of bodies without embalming in biodegradable coffins, a shroud or laying bodies directly into the earth. Another option is "flameless" or water cremation, chemically reducing a body to fluid and drying the bones to ashes. The newest is human composting, a process created by entrepreneur and designer Katrina Spade. She founded Recompose in the state of Washington in 2017.

Marsh's law students researched and gave Spade memos on the path to legalization in each state, and at least seven states have enacted statutes allowing human composting.

Just putting a body into the ground decomposes it, but that's not composting, which involves sealing a body in a container with organic matter, the right soil microbes, oxygen and regular mixing. After a couple of months, the facility crushes the remaining large bones. After more composting, the result is pure, nutrient-rich soil, safe for a garden or just a resting place in nature. The service at Recompose costs about \$7,000, on par with a typical funeral.

Some people react to this newest approach "with 'lck, that's really weird,'" Marsh says. But others are intrigued: "They say, 'That's amazing. That's great. It's so natural.'"



Clients of Recompose can choose to donate some or all of the soil created by human composting to revitalize conservation land in the Bells Mountain wilderness in Washington.



**JENNIFER SCHERER MCCOLLUM ('91)** still remembers the thrill she felt as a young public relations manager angling to get high-profile coverage for The Coca Cola Co.'s sponsorship of the 1996 Olympic torch relay — and the devastation she felt when an Olympics official described her as “a cupcake with a razor blade inside.”

After switching gears at Coke to internal consulting, she realized that her experience was a textbook example of the “double bind” that women face professionally as they toggle between expectations for the masculine stereotype of the ideal leader (forceful, assertive, competitive) and the stereotype of the ideal woman (warm, caring and collaborative).

Now it's a key anecdote in her new book, “In Her Own Voice: A Woman's Rise to CEO,” which provides advice on professional advancement for women

and organizations that could use more gender equity in management.

McCollum is CEO of Linkage Inc., a global leadership development firm that's part of SHRM (Society of Human Resource Management). For her book, she draws from more than 25 years of Linkage's research.

The “overarching hurdle” most women face is their own “inner critic,” meaning the critical voice in their head that's judging and doubting themselves and possibly others, she says. McCollum recommends three ways to start quieting self-doubt.

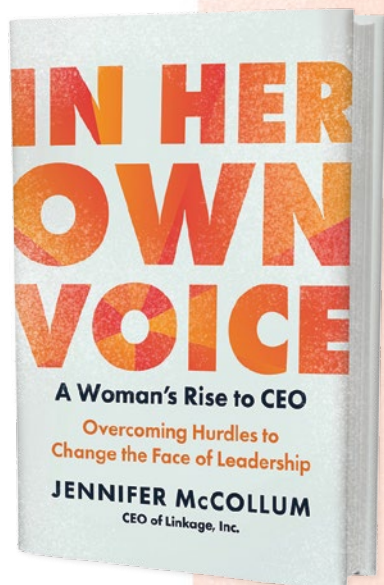
First, focus on clarity, “asking what I want with my career and my relationships,” she says. “Most women say, ‘I have never thought about it,’ or ‘I want my team to be effective.’ But what do *you* want?”

Second, women should stop trying to prove their value by simply working hard and hoping others will notice. Instead, McCollum encourages women to learn to delegate rather than taking on extra tasks. Delegating allows them to “focus on the work that aligns with their strengths and passion.”

Third, learn to make the “ask” — not just for pay, but for resources, flexibility and other benefits that clear your path, she says. If you're refused, negotiate instead of retreating.

Companies have work to do as well. Research shows that women leaders perform better and stay longer at organizations that effectively use four levers: culture (Do women feel valued?), people systems and processes (Do women have an equal shot?), executive action (Are executives truly committed to supporting women beyond saying the right things?) and leadership development (Do women have access to formal training, stretch experiences and coaching?).

“Women can do the work themselves, but they can't fix the overall system,” McCollum says. “Getting more women into leadership will take all of us.”



HOW  
TO

# Overcome Business Challenges for Women



HOW  
TO

# Explore the Tunnels Using a Robot





In background, from left:  
Paul Hysell, associate  
director in the Office of  
Environmental Health  
& Safety, with students  
Shelby Horth, Farrell  
Fitzpatrick and Benicio  
Costales



PHOTO / KATHERINE LAWS WATERS ('20)

**THE MAZE OF UTILITY** tunnels that run underneath campus may intrigue Wake Foresters imagining something out of Harry Potter — but the tunnels are quite dangerous. (These are not the ones you remember using to go between dorms in the 1970s.) A person entering the confined space finds heat, standing water, cables with thousands of volts and pipes releasing high-pressure steam.

Highly specialized utility maintenance teams regularly face these conditions for their work, which can include fixing steam lines or inspecting systems to avoid disturbances during campus construction. And there's a high cost. Employees entering the tunnels deal with physical stress and undergo extensive training to navigate the tight spaces.

Nick Golden, environmental specialist in the University's Office of Environmental Health & Safety, mentioned the challenging conditions to engineering students. They hatched an idea: a remote-controlled robot that could explore the tunnels, reducing the risk for employees.

Last year, students in the Robotics Club created a prototype tunnel robot. Then-juniors Shelby Horth, Benicio Costales and Farrell Fitzpatrick spent hours outside of class in Wake Downtown's Innovation Studio and WakerSpace on Reynolda Campus, brainstorming and testing out ideas. They had a real-world client — the EHS office — and worked with Golden to understand what utility maintenance teams need.

Costales and Fitzpatrick, engineering majors, selected every element of the robot, from the metal chassis to

the motor to the wheels. They managed a budget and got creative, using cardboard and a laser cutter to create a body for the top of the prototype.

Horth, a computer science and applied mathematics major, programmed a miniature computer that receives a wireless connection to steer the robot and transmit data. The team chose what looks like a handheld video game controller to steer the robot.

When team members were stumped, they asked for guidance from their engineering and computer science professors.

"We get to have fun together," Horth says of the team, "but we're all very driven and goal-oriented. ... We get stuff done."

Finally, the team tested the robot prototype in "the breezeway," a tunnel area under Wait Chapel big enough to stand up in. It worked!

They used what they learned from the prototype to plan a smaller, more efficient robot for EHS, and this year, they are building it as part of an engineering capstone project. A skateboard motor would power the 15-by-20-inch robot, which is designed to collect tunnel data using a 360-degree camera, a gas meter and a thermal imaging camera. Using the robot's reconnaissance, the maintenance teams will be able to do their work with less risk.

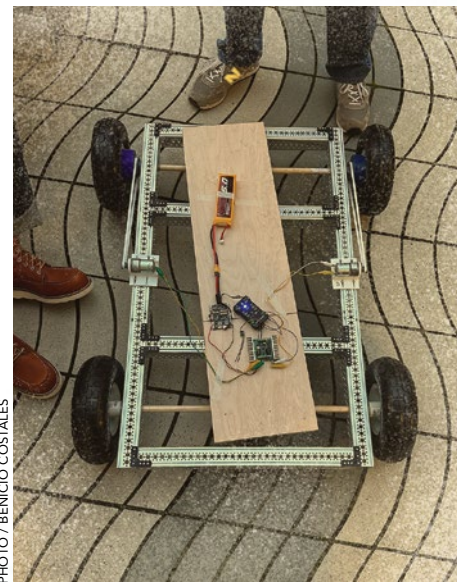


PHOTO / BENICIO COSTALES



# HOW TO Rewire, Not Retire

**MANY PEOPLE WILL** spend more time in retirement than they did working. Having a fulfilling retirement, rather than just filling time, takes planning, says author **Rick Miners ('68)**.

"The thing that people miss is that they think retirement is one single block of time, like one long vacation, and it's not. It's a series of ages and stages," he says. "It's not a question of what's right or wrong, but what's best for you."

Miners, 77, and his wife, Jeri Sedlar, 73, are life coaches and co-authors of "Don't Retire, REWIRE! 5 Steps to Fulfilling Work that Fuels Your Passion, Suits Your Personality and Fills Your Pocket." They wrote the book after finding in their work that most people understand the importance of financial planning, but fewer understand the need for life planning.

Retirement is going away from something — full-time work — but what are you moving toward? Don't assume you'll figure it out as you go along. Change your mindset to "rewiring" to figure out how you're going to make the most of your next act, he says. That could include continuing to work but cutting back on your hours, taking a part-time job, starting a new career or volunteering.

Pursue your passion, whether it's traveling or learning to paint or play the piano. "If you have a dream that's never been realized, this is a point where you

can pursue it, but you have to make the effort to do it," Miners says. "People who don't have interests are cast adrift in retirement. They don't know how to spend their time. They can get depressed very easily."

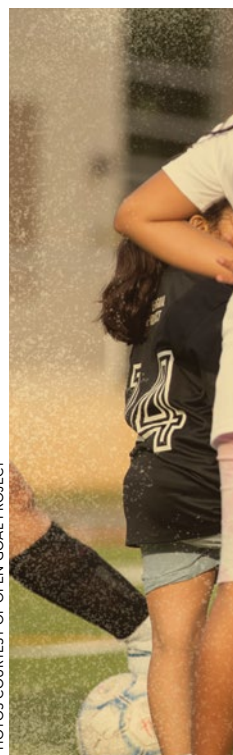
Take a "driver's test" before you retire to figure out what drives you: Why do you work, beyond a paycheck? To make a difference? To have structure? To be creative? To learn new skills? To mentor others? Once you know what makes you tick, use your drivers to identify the opportunities that you'll find most fulfilling, says Miners, who offers 85 drivers in his book. If, for instance, you crave recognition and power, you're probably better off serving on the food bank's board of directors rather than volunteering in a soup kitchen.

Use your imagination and dream big. Ask yourself to frame your future this way: "One of these days, I'll ..." It's OK if you find out that painting is not for you, or that side gig doesn't work out, Miners says. "Sometimes failure will lead to something totally different that you never expected, and that might be the right path."

*More at [dontretirerewire.com](http://dontretirerewire.com)*



PHOTOS COURTESY OF OPEN GOAL PROJECT







**FORMER WAKE FOREST** and professional soccer player **Amir Lowery ('04)** is using the game he loves to create opportunities on and off the field for young players from low-income families and underserved communities.

Lowery is executive director of Open Goal Project, a nonprofit he co-founded in 2015 in Washington, D.C., to level the playing field in a sport dominated by a "pay to play" model. But its mission is about much more than a game, he says. It's about helping children and teenagers grow and develop.

"We're striving to position our student-athletes to have a better life and encourage them to pursue higher education or develop necessary skill sets as they move into the workforce and into the next phase of their life," Lowery says. "The game is a powerful vehicle for youth enrichment."

An All-ACC second team selection at Wake Forest, Lowery played professionally for eight seasons before moving back home to Washington. Coaching youth soccer, he noticed a lack of racial and socioeconomic diversity because of the high cost of soccer camps and youth travel teams.

## HOW TO Widen Opportunity

He started Open Goal to make youth soccer more accessible and diverse. All its programs are free, funded by grants and donor contributions. "No matter how much money their parents have, what their transportation situation is or whether their parents can speak English, we make sure that we bridge all those gaps and afford kids the opportunity to play at a high level," he says.

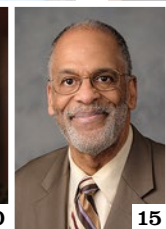
Initially, Open Goal sponsored talented players from low-income families to play on travel soccer teams and offered free camps and clinics to help other players compete for spots on travel teams. In 2019, Open Goal expanded to reach more young people by launching its own travel program, the District of Columbia Football Club (DCFC), which has more than 150 boys and girls on eight teams.

DCFC eliminates financial and other barriers that often exclude kids from traditional teams, Lowery says. Practices occur near public transportation. Matches are played against clubs in Washington, Maryland and Virginia to avoid travel costs. Coaches speak English and Spanish. Open Goal also offers college counseling, SAT prep and youth development workshops.

"The game has had a tremendous impact on my life," Lowery says. "So many of the things (you learn) translate off the field. Teamwork, discipline, confidence, resilience — all those qualities have a tremendous benefit for our kids, whether they pursue a career in soccer or any other field."

*More at [bit.ly/2ryYeus](https://bit.ly/2ryYeus)*





**1** President **Susan R. Wente**, in her third annual address to the University on Nov. 16, highlighted accomplishments supporting the Strategic Framework finalized in August with the three main goals of ensuring that Wake Forest will always be a community for lifelong learning, a community of inquiry and a community dedicated to building meaningful, purposeful partnerships.

“It is our commitment to building and sustaining relationships that has and will distinguish us from so many other universities ...,” she said. “I am so fortunate to lead an institution that clearly states its values, prioritizes care for others, and recognizes our shared humanity.”

She noted that the “For Humanity” scholarship initiative, launched at her inauguration in 2022, beat its June 30 fundraising goal of \$50 million and is seeking another \$25 million this year. So far, it has funded 163 new scholarships and boosted 60 existing scholarships, she said.

Wente also focused on efforts “to renew and revitalize our Reynolda Campus academic core” while completing holistic

planning that incorporates all of the University’s real estate — including 80 acres around Allegacy Stadium where a “live-work-play” community is planned.

She complimented students on their response to the humanitarian catastrophe unfolding in the Middle East, “role-modeling how to create spaces for learning, reflection, community and prayer during this difficult time, ...” she said. “We must continue to engage with one another and make sense of what is happening together.

“I believe it is our responsibility as a University to create more space for respectful dialogue, learning and discussion; not less. ... And, we must continue to foster a learning environment that is as safe and inclusive as possible for all.” *More at [bit.ly/47DBvIS](https://bit.ly/47DBvIS)*

**2** **Brandon Gilliland** returned to Wake Forest as senior vice president for finance and administration. For the past six years, he was vice president and chief financial officer at the University of Miami, where he worked with Executive Vice President and Chief Financial Officer Jacqueline

A. Travisano. He was at Wake Forest from 2007 to 2017, most recently as vice president for finance. *More at [bit.ly/3G8YCWw](https://bit.ly/3G8YCWw)*

**3** **Christopher H. Kiwus** joined the University as vice president for facilities, real estate and planning. He leads maintenance, renewal and replacement of buildings and infrastructure. Kiwus was previously vice president for campus planning, infrastructure and facilities at Virginia Tech and commanding officer of the Naval Facilities Engineering Command Southeast, managing 15 Navy bases. *More at [bit.ly/47jWwyT](https://bit.ly/47jWwyT)*

**4** **Corey D. B. Walker (P ’25)** was named dean of the School of Divinity. A distinguished scholar of religion and professor of the humanities, he had been interim dean since January 2023. He joined the University in 2020 to start the African American Studies Program and is an ordained American Baptist clergyman. He has published broadly on African American religion, philosophy, history and culture, along with religion and American public life. *More at [bit.ly/3R4Wipw](https://bit.ly/3R4Wipw)*



**5** Professor of English **Jennifer Greiman** is the new director of the Humanities Institute, founded in 2010 to foster interdisciplinary and collaborative scholarship and explore creative ways to use knowledge to solve real-world problems. Greiman follows Winifred W. Palmer Professor of English Dean Franco, the institute's director since 2017. *More at [bit.ly/3SOa8xO](https://bit.ly/3SOa8xO)*

**6** The **Honesty Project**, a three-year exploration of the truth about honesty, has completed its work. The project, led by the University and backed by a \$4.4 million grant from the John Templeton Foundation, produced 16 research projects at 24 universities worldwide. "Out of 60 different characteristics, people ranked (honesty) No. 1 in terms of what they liked about another person, respected in another person and wanted to know about another person," said **Christian B. Miller**, project director and A.C. Reid Professor of Philosophy. *More at [bit.ly/3N2H1n0](https://bit.ly/3N2H1n0)*

**7** **David Carchipulla-Morales (Ph.D. '27)** received a Future Investigators NASA Earth and Space Science and Technology grant, worth up to \$150,000 over three years. **Lauren Lowman**, assistant professor in the Department of Engineering, is principal investigator for the project and will provide advising and mentorship. Their primary focus is studying the critical role of epiphytes, plants that collect nutrients from the air, in the overall health of tropical montane forests in Costa Rica, Hawaii, Ecuador, Columbia and Peru. *More at [bit.ly/3QVmgL8](https://bit.ly/3QVmgL8)*

**8** President **Susan R. Wente** traveled with the **Campus Memorialization Steering Committee** in September as part of its visit to sites of remembrance in Virginia: the Memorial to Enslaved Laborers at the University of Virginia and "Hearth: Memorial to the Enslaved" at William & Mary. In 2021, the board of trustees passed a resolution to create a campus memorial to enslaved people who served the University; last fall, it engaged Baskervill, an architectural and design firm, to guide the University through the process. *More at [bit.ly/3QPZluW](https://bit.ly/3QPZluW)*

**9** **Sonya E. Henderson ('02)** and **Keeva Jackson-Breland ('85)** received the University's Robert Grant and Kenneth "Butch" Henry Trailblazer Award.

Henderson and Jackson-Breland were the first Black scholarship female athletes at Wake Forest, playing basketball during the mid-1980s. Henderson played professionally in Europe and returned later to complete her degree. The award is named for Grant ('68) and Henry ('68), the first Black football student-athletes to enroll at a Division I institution in the South. *More at [bit.ly/3sIVPA4](https://bit.ly/3sIVPA4)*

**10** **Alton B. Pollard III (P '11)** will rejoin the faculty July 1 as James and Marilyn Dunn Chair in Baptist Studies in the School of Divinity and University Professor of African American Studies in the College of Arts and Sciences. He recently retired from Louisville Presbyterian Theological Seminary, where he was president and professor of religion and culture from 2018 to 2023. *More at [bit.ly/3MT4qH4](https://bit.ly/3MT4qH4)*

**11** To celebrate its 50th reunion, the Class of 1973 raised more than \$100,000 to fund an endowed scholarship in its name — a first for Wake Forest. Two couples — **Costi Kutteh ('73)** and **Teresa Currin Kutteh ('73, MAEd '74)** and **Marc Meachum ('73, P '00)** and **Patricia Wilson Meachum ('73, P '00)** — led the effort. *More at [bit.ly/3R79v1b](https://bit.ly/3R79v1b)*

**12** USA Today's Readers' Choice Awards named **Graylyn Estate & Conference Center** No. 5 on its list of "10 Best Boutique Hotels" in the United States. Smart Meetings named it "Best Conference Center." *More at [bit.ly/3sxOrYo](https://bit.ly/3sxOrYo)*

**13** The Wake Forest Sports Hall of Fame is inducting six new members for 2023-24: **Maeke Boreel ('06)**, an All-American field hockey player in Wake Forest's first undefeated regular season; **Carlos Bradley ('82)**, a player who ranked second in career tackles in the football team's history, then played for the San Diego Chargers and Philadelphia Eagles; **Erik Hanson ('88)**, who played football as a freshman and baseball all four years, holding the ACC Tournament record of 18 strikeouts in one game; the late President Emeritus **Thomas K. Hearn Jr. (L.H.D. '04)**, who helped lead the growth of the Atlantic Coast Conference and the University's commitment to gender equity in athletics; **Jill Snyder Kerr ('00, MAEd '01)**, a track star who set school records in

seven events and continues to hold three; and **Jose Miguel Grave de Peralta Jr. ('83, MD '88)**, a goalie who ranks No. 1 in NCAA and Wake Forest soccer for career saves. *More at [bit.ly/WFSportsHallofFame](https://bit.ly/WFSportsHallofFame)*

**14** Hit the Bricks raised a record \$301,722 for the **Brian Piccolo ('65, P '87, '89) Cancer Research Fund**. More than 1,700 students, faculty, staff and friends walked and ran laps on Oct. 5 around Hearn Plaza. *More about the event's history at [bit.ly/47z1Uy0](https://bit.ly/47z1Uy0)*

**15** **Harold Holmes (P '97)**, retired associate vice president and dean of student services, showed his "shopping" skills on the "Price Is Right" TV game show and won a six-day trip to Barbados. He still works on campus, greeting students, faculty and staff at the Wellbeing Center's front desk. *More at [bit.ly/47jaAIQ](https://bit.ly/47jaAIQ)*

**16** **Beth Norbrey Hopkins ('73, P '12)** and her late husband, **Dr. Larry Hopkins ('72, MD '77, P '12)**, received the ACC UNITE Award, created to honor people affiliated with the conference who have made an impact on racial and social justice. Beth Hopkins, the retired director of the Smith Anderson Center for Community Outreach at the School of Law, is a life trustee and a USTA Champion of Equality. Larry Hopkins led the football team to its first back-to-back winning seasons in the ACC, was the first Black graduate with a chemistry degree, became a longtime OB-GYN and received the 2020 Medallion of Merit. *More at [bit.ly/47myjrM](https://bit.ly/47myjrM)*

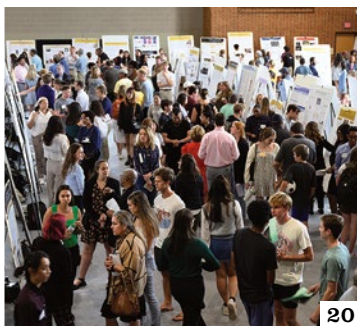
**17** Reynolda is restoring its 1913 Lord & Burnham greenhouse with a donation from **Malcolm and Patricia Brown** and will reopen this spring as the Brown Family Greenhouse with space for exhibitions, displays and events. A new Reynolda Welcome Center, adjacent to the greenhouse in what was once a florist workshop, will open this summer "as a magnificent front door" to the formal gardens and to help orient visitors to the museum, gardens, village and surrounding grounds. *More at [bit.ly/3QLZWtz](https://bit.ly/3QLZWtz)*

**18** Wake Forest is exploring a **redevelopment plan** for property next to Allegacy Stadium, Couch Ballpark and Lawrence Joel Veterans Memorial Coli-





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seum. It's working with Atlanta-based Carter and Winston-Salem-based Front Street Capital, which have developed projects next to universities. The project could include residences, stores, restaurants, entertainment and hotels. *More at [bit.ly/3STxIJb](https://bit.ly/3STxIJb)*

**19** Bloomberg Connects, a free app created by Bloomberg Philanthropies, now includes the **Mark H. Reece Collection of Student-Acquired Contemporary Art**, with works by Picasso, Jasper Johns and Alex Katz. Students have built the collection since 1963 through trips to New York City to buy art reflecting the times. *More at [bit.ly/45ByX3n](https://bit.ly/45ByX3n)*

**20** About 140 undergraduate students and more than 120 faculty mentors participated in **URECA Day**, as students offered posters or oral presentations on their research projects. They explored a wide range of topics, including mathematical models to better understand the human retina, the impact of fire on vegetation at nearby Pilot Mountain, the impact of the Hindu religion on Balinese culture and the ways drugs kill cancer cells. *More at [bit.ly/47ngPeH](https://bit.ly/47ngPeH)*

**21** President Susan R. Wentz presented renowned dancer and actor **Debbie Allen** with the University's first **Maya Angelou Artist-in-Residence Award** on Nov. 12. Allen talked about her life in a moderated conversation with Professor of Dance **Nina Lucas** and **Monet Beatty ('20, MA '21)**, owner of Monet Beatty Dance Company. The award was created to

honor world-renowned artists who reflect Angelou's passions for creating, performing and teaching, and to celebrate artistic achievement combined with a commitment to improving the human condition. Angelou was Reynolds Professor of American Studies from 1982 to 2014. *More at [bit.ly/3sOwIvB](https://bit.ly/3sOwIvB)*

**22** The College Board of Visitors recognized **Olga Pierrakos**, who was founding chair of the Department of Engineering through 2022, and **Kimberly Wieters (P '18)**, assistant dean for finance & administration in the Office of the Dean of the College, with its 2023 leadership awards. Pierrakos led the building of the department from scratch, including achieving accreditation. Wieters directed the finance and administration unit through eight transitions in dean administrations and the COVID-19 pandemic. *More at [bit.ly/46LiY2Y](https://bit.ly/46LiY2Y)*

**23** **Wake Forest Magazine's** Nature issue in fall 2022 was honored as a top higher education magazine in the Southeast regional competition by the Council for Advancement and Support of Education. Senior Editor **Kerry M. King ('85)** received a Silver Medal in CASE's Circle of Excellence international competition for "Unearthing Time in a Bottle," his profile of botanist **Frank Telewski (Ph.D. '83)** in the fall 2022 issue. The story also won a profile writing award in the Southeast competition, as did "Reading Ulysses in Baghdad," a profile of diplomat **William**

**Roebuck ('78, MA '82)** by Managing Editor **Carol L. Hanner** in the spring 2022 issue.

**24** The School of Business celebrated the 10th anniversary of Farrell Hall, its home for business education. The late **Mike Farrell (LL.D. '13, P '10)** and **Mary Farrell (P '10)** made the building possible with the initial \$10 million gift. *More at [giving.wfu.edu/doing-good-doing-well](https://giving.wfu.edu/doing-good-doing-well)*

**25** **Daniel B. Kim-Shapiro**, chair of the department of physics, Harbert Family Distinguished Chair for Excellence in Teaching and Scholarship and director of the Translational Science Center, led a team that showed how nitric oxide can be stabilized for potential therapies to mend blood vessels damaged by heart attacks, strokes and chronic diseases, including diabetes and obesity. *More at [bit.ly/47H4gdX](https://bit.ly/47H4gdX)*

**26** **Project Pumpkin**, a longtime fall festival, raised more than \$6,000 for the University's Freedom School, a six-week literacy-based summer program for elementary school students.

**27** Political historians **Doris Kearns Goodwin** and **Michael Beschloss** talked with students about leadership and character through the lens of the U.S. presidency as part of the University's Face to Face Speaker Forum in September. **Daymond John**, star of ABC's "Shark Tank," took the stage in November for an evening of conversation with Emmy Award-winning talk-show host **Mario Armstrong**. *More at [bit.ly/40Xjfyd](https://bit.ly/40Xjfyd) and [bit.ly/46opWKP](https://bit.ly/46opWKP)*

**28** Wake Forest will offer child care at an early education center expected to open this fall at the University Corporate Center. *More at [bit.ly/47jj0jF](https://bit.ly/47jj0jF)*

**29** **Aishah Casseus** was named executive director of the Office of Institutional Equity & Title IX coordinator. The Office of Institutional Equity was created in August; Casseus had been the Title IX director since 2020. *More at [bit.ly/47BTqG0](https://bit.ly/47BTqG0)*

**30** Wake Forest was one of 12 institutions that earned a 2023 Handshake Career Spark Award. It recognized the **Office of Personal and Career Development** for its innovation and student engagement. *More at [bit.ly/3G9CXxh](https://bit.ly/3G9CXxh)*



# A major gift focuses on the future of the planet

By Cheryl Walker ('88, P '21)

**WITH A \$5 MILLION LEADERSHIP GIFT** from the Andrew Sabin Family Foundation, Wake Forest will substantially expand its work to answer the world's most pressing environmental and sustainability questions.

The University's Center for the Environment, Energy and Sustainability (CEES) in the fall became the Andrew Sabin Family Center for Environment and Sustainability. The gift will support research, education and outreach through collaboration within the University and with partners around the globe.

The Sabin Center, housed in Worrell Professional Center on campus, will serve as a leader and model of interdisciplinary scholarship and creative work focused on critical issues such as climate change, biodiversity loss, environmental contamination, drought and water scarcity, resource depletion and deforestation.

"Because of this generous gift, Sabin Center faculty, students and staff will engage in research to solve some of the greatest challenges of our day — and serve as catalysts for good in society," President Susan R. Wente said.

The foundation's investment will create new opportunities for faculty and students to develop innovative ideas and take methods, technology and results from scholarly and academic spaces into the public realm to enact profound change.

"It is a privilege to support Wake Forest's newest initiative. The world needs so many more smart young people with the hearts, minds and skills to tackle the issues facing Earth's life-supporting systems. Nothing can be more important, and the need is urgent," said Andy Sabin (P '17, '21). "My mission on Earth is to enhance the planet and society. Wake's style of research and teaching — in classrooms, labs and out in the world's wildest places — is exactly the diversified approach that can fulfill that mission."

Besides being a parent of two Wake Forest graduates, Sabin is the grandparent of a member of the class of 2025. He is CEO of Sabin Metal Corp. and a leading environmental philanthropist who supports environmental programs through his family's foundation.

For more than a decade, through CEES, Wake Forest has brought together teams of scholars and students with interests ranging from the natural sciences and social sciences to the arts and humanities to address environmental challenges.

"We're focused on the future of the planet, and this gift will transform our work," said Miles Silman, the Andrew Sabin Family Foundation Professor of Conservation Biology and CEES' founding director. "By really applying the power of a university, of thinking about what makes a society function and what moves the society ahead, we can address these



**THE ANDREW SABIN FAMILY**  
**CENTER** *for* **ENVIRONMENT**  
**AND SUSTAINABILITY**

pressing environmental and sustainability problems, both locally and in the most remote, difficult places on Earth."

Silman is a renowned ecologist who has researched biodiversity and ecology in the western Amazon and Andes. His collaborative work to understand and protect Earth's remaining wildlands, along with the efforts of a broad group of faculty addressing renewable energy and developing new business and legal approaches to sustainability, shaped the trajectory of CEES.

Silman will direct research initiatives for the Sabin Center and will co-lead the center with Stan Meiburg ('75), a former deputy administrator of the U.S. Environmental Protection Agency with a distinguished 39-year career at the agency and deep policy expertise.

"This is a wonderful opportunity for faculty and students from across the entire scope of the University, the business school, the divinity school, the law school and the medical school," said Meiburg, the center's executive director. "All of them in some way, shape or form are wrestling with these questions of how to build a more sustainable world and how Wake Forest can contribute to making the world a better place."

The center, he said, will serve "as that essential connecting hub, a collaborative space to bring all these interests and talents together for research and engagement."

All Wake Forest students in any major or discipline will have the chance to participate in globally meaningful scholarship. The center will have seed grants available to faculty to stimulate promising crosscutting sustainability research, and it will support innovative interdisciplinary grant proposals.

Wake Forest is seeking additional support for the center, with a goal of creating a \$10 million endowment.



## Dear alumni,



I feel so lucky to serve as president of the Alumni Council. I enjoy connecting to other alumni and so much of what happens at Wake Forest. I want to share a few examples to encourage you to strengthen your own ties to Mother, So Dear. We want alumni to be better informed so that you can become ambassadors for what makes Wake Forest the special place we know and love.

**Homecoming and class reunions:** If you didn't come back for Homecoming and Reunion Weekend 2023, you missed spectacular campus events, from Party So Dear to reunion parties. The campus venues were beautiful, the food was terrific and the company was even better. Years melted away as we recognized each other and shared our lives.

**Memorial service:** Did you know there is a Service of Remembrance during Homecoming to commemorate every alumnus, alumna, faculty and staff member who passed away in the previous 12 months? I was one of the readers to recite the names at this year's service. Many family members attended. The altar was filled with photos of loved ones. The love of families and the thought that Wake Forest felt it was important to remember each graduate made for a touching ceremony.

**Interaction with current students:** Wake Forest is filled with amazing students. The new student Wake Investment Club asked me to attend its mock investor portfolio pitch session. Two groups of professionally dressed students presented well-formed case studies. Our council also had the opportunity to hear from Carolina Chacarra ('25), a member of the NCAA Championship women's golf team.

### A Conversation with Ed Wilson and Debbie Best

In August 2022, Warren Anderson ('74) sat down for a conversation with two Wake Forest greats — Provost Emeritus Ed Wilson ('43, P '91, '93) and Professor Emeritus of Psychology Debbie Best ('70, MA '72). They looked forward to commemorating in 2023 Wilson's 100th birthday and Best's final year of teaching. Wilson and Best talked candidly about their experiences as students, professors and administrators, the joy of teaching and the famous athletes — Arnold Palmer ('51, LL.D. '70) and Tim Duncan ('97) — they've known. More at [bit.ly/WilsonBestInterview2022](https://bit.ly/WilsonBestInterview2022)

## LET US HEAR FROM YOU

Have a question?  
Contact the Alumni Engagement Office at 800-752-8568 or [alumni@wfu.edu](mailto:alumni@wfu.edu)



**Alumni chat:** The Office of Career and Personal Development offers alumni an opportunity to chat over the phone with a randomly matched fellow Deacon. I've had terrific conversations getting to know folks from different class years. I love learning how they have lived Pro Humanitate. If you're interested, visit [alumni.opcd.wfu.edu](https://alumni.opcd.wfu.edu)

**Wake Women's Weekend:** Mark your calendars for March 1 and 2. The weekend will focus on "Wake the Arts" with programs on Reynolda House Museum of American Art, the Mark H. Reece Collection of Student-Acquired Contemporary Art and more.

**Alumni Council fall meeting update:** We focused on how we can support the University's strategic framework and be a stronger communication vehicle between the University and alumni. We believe that Wake Forest needs to foster deliberate dialogue on the difficult issues that society and the University face. Many of you will remember the Call to Conversation program from previous years. We're looking forward to having upcoming "Courageous Conversations" that promote Pro Humanitate.

Best wishes as we begin 2024,

**Jane Owens Cage ('78)**

Joplin, Missouri

President, Wake Forest Alumni Council



## 1950s

**Talmadge C. Reeves ('55)** retired after more than 60 years as a psychiatrist. At age 89, he says, "It has been a good ride." He lives in Salisbury, MD, and spends his summers in Provincetown, MA, and winters in Key West, FL.

## 1960s

**Fred Morrison (JD '63)** retired after 60 years of practicing law, mostly for the state of North Carolina. He served in the North Carolina Office of Administrative Hearings for 37 years and retired as senior administrative law judge. He lives in Raleigh.

**Charles Donald Myers ('65)** is a retired minister of the North Carolina Conference of The United Methodist Church. He and his wife, Joyce Faye, celebrated 50 years of marriage on Aug. 18 with a dinner at First Baptist Church of Black Mountain, NC, where they were married. They live in Henderson County, NC.

**Jo DeYoung Thomas ('65)** wrote a memoir, "Striving: Adventures of a Female Journalist in a Man's World." She had a distinguished 25-year career at The New York Times as an investigative reporter, foreign correspondent, bureau chief and assistant national editor. Early in her career, she was the first female reporter for The Cincinnati Post and Times-Star in 20 years, and she covered organized crime for the Detroit Free Press. She received Wake Forest's Distinguished Alumni Award in 1983 and is a member of the University's Writers Hall of Fame. *More at [bit.ly/EnduringFriendship](http://bit.ly/EnduringFriendship)*

**Paul "Sonny" Swails Jr. ('68)** and his son, **Paul "Tal" Swails III ('93)**, coached the Patrick County High School baseball team in Stuart, VA, to the class 2A state baseball championship in 2023. Tal Swails was named class 2A state coach of the year. Tucker Swails, grandson of Sonny Swails and son of Tal Swails, was selected first team all-state pitcher and class 2A state player of the year.

**John Whalley ('69, MD '73)** celebrated 50 years of practicing pediatric medicine by traveling around the world to treat Roma children in Romania on a medical mission trip with North Carolina Baptists on Mission. Whalley also has been on mission trips to Kenya, India, Guatemala and Ukraine. He and his wife, Nancy, live in Morganton, NC. They have three children. Their daughter, **Lara Elizabeth Whalley Arredondo ('06)**, is a pediatric nurse practitioner at Atrium Health Wake Forest Baptist. *More at [bit.ly/DrJohnWhalley](http://bit.ly/DrJohnWhalley)*

## 1970s

**Richard Honeycutt ('70, P '99)** published two papers in *Díálogo*, an interdisciplinary studies journal on Latin American and U.S. Latino issues: "Human Rights: Evolution and Devolution"

in June 2023 and "Health Promotion and Care: Approaches and Trends" in June 2022. Honeycutt is a researcher, speaker and author who lives in Lexington, NC.

**George Kester ('70)** retired after 23 years from Washington and Lee University, where he was Mamie Fox Twyman Martel Professor of Finance. He previously held an endowed chair in finance at Bucknell University. He has taught courses and executive seminars across the world, including at The University of Melbourne in Australia each summer from 2001 to 2015. In 2018, he received the inaugural Jean L. Heck Lifetime Achievement Award for Excellence in Financial Education from the Financial Education Association. He and his wife of 52 years, Karen Kester, have two sons, including fourth generation Demon Deacon **Brian Kester (MBA '02)**, and two grandchildren.

**Bill Croom ('73)** received a Golden Whistle Award from the North Carolina High School Athletic Association for outstanding leadership and service. Croom has officiated high school football games, including state championship games, for 50 years. He lives in Asheboro, NC, and is a life insurance adviser.

**James R. Foley (JD '73)** was recognized as a member in good standing of the Alabama State Bar for 50 years. He lives in Huntsville, AL.

**Beth Norbrey Hopkins ('73, P '12)** and her late husband, **Larry Hopkins ('72, MD '77, P '12)**, were named Wake Forest's 2023 ACC UNITE Award recipients. The ACC gives the award to individuals from each conference school who have worked for racial and social justice. Beth Hopkins is a Life Trustee of the University and retired director of the Smith Anderson Center for Community Outreach at the School of Law. She received Wake Forest's Distinguished Alumni Award last year and was honored as one of 17 USTA (United States Tennis Association) Champions of Equality at the US Open. Larry Hopkins was a University trustee and a prominent OB/GYN in Winston-Salem. He received the University's Medallion of Merit in 2020 and the Distinguished Alumni Award in 1987.

**Dennis Romano ('73)** wrote "Venice: The Remarkable History of the Lagoon City," covering its medieval origins to the present. Romano studied at Wake Forest's Casa Artom in Venice in spring 1972. He lives in Washington, DC, and is a professor emeritus of history at Syracuse University.

**J. Randolph "Randy" Ward ('75, JD '78)** received the North Carolina Bar Association's 2023 Peace Award. He was recognized for his contributions to the peaceful resolution of disputes as a commissioner on the North Carolina Industrial Commission and his service on the Duke Law Private Adjudication Center and the bar association's dispute resolution committee. He is a retired judge with the North Carolina Office of Administrative Hearings. He lives in Cary, NC, with his wife, retired NC State Univer-



Honeycutt  
( '70)



Croom  
( '73)



Hopkins  
( '73)

sity professor **Lynne Baker-Ward ('75)**. Their son, **Alexander "Alex" Hiram Ward ('09, JD '12)**, is a North Carolina assistant attorney general and third generation alumnus.

**John Dowdell ('78)** was honored for his long and distinguished career as a federal judge with a portrait hung in the chambers of the federal courthouse in Tulsa, OK. Former President Barack Obama nominated him in 2012 as a judge in the U.S. District Court for the Northern District of Oklahoma, and the Senate unanimously confirmed him. He became chief judge in 2019 and assumed senior status in 2021.

**David E. Glass ('78)** was awarded NASA's Distinguished Service Medal, its highest award. He is a senior technologist in the Senior Executive Service of the U.S. government. He has worked at NASA Langley Research Center since 1988 as an engineer of high-temperature structures and materials for hypersonic vehicles. In 2019, NC State University, where he earned his doctorate, inducted him into its Mechanical and Aerospace Engineering Hall of Fame. In his spare time, Glass leads small group trips to visit Old Order Amish friends in Lancaster, PA, and teaches science lessons in Amish one-room schools. He and his wife, Becky, executive director of the Peninsula Pastoral Counseling Center, live in Yorktown, VA. They have two adult sons, Parker, who is married to Margy, and Evan.

**Mary Llewellyn McNeil ('78)** received a number of independent and university press awards for her biography of journalist **Wallace Carroll (DLitt '73)**. "Century's Witness: The Extraordinary Life of Journalist Wallace Carroll" won

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



### STANDARD MAIL:

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



### EMAIL:

[classnotes@wfu.edu](mailto:classnotes@wfu.edu)



### ONLINE:

[magazine.wfu.edu/class-notes/submit/](http://magazine.wfu.edu/class-notes/submit/)





**Burroughs**  
(‘80)



**Cain**  
(JD ‘83)



**Graham**  
(‘86, JD ‘94)

**Katherine Kelly Burnette (‘81, JD ‘84)** wrote a short story, “My Heart is Painted Black,” which appeared in *Mystery Tribune* magazine in July. She is a North Carolina district court judge and a former state and federal prosecutor. She and her husband, **Tom Burnette (JD ‘84)**, live in Oxford, NC.

**Ben Hodge (‘81)** is enjoying the outdoor life in his retirement from the U.S. Army. He completed the 39th

Annual Army Ten-Miler race in Washington, DC, in the fall with 30,000 friends. In the summer, he spent a week on an Outward Bound expedition while marveling at the beauty in Colorado. He offers this advice: “It is great to be active and wise to consider whether to spend a full day riding a horse.”

**Jennifer Early Calvert (‘82)** is executive director of Finish the Work ministries. The nonprofit recruits volunteer teams to complete churches and other community buildings in Central America that were started by school and church teams, but not finished when time or funding ran out. Calvert and her husband, Dave, live in Concord, NC.

**James J.S. Johnson (‘82)** wrote a book, “Viking Footprints in Providential History: A Selected Anthology of Viking Adventures, with Emphasis on Family History” (2nd edition). Johnson is a lawyer in Texas and Colorado and a paternity establishment officer. He also teaches at Tynedale Theological Seminary & Bible Institute and frequently speaks for the Norwegian Society of Texas. He has lectured aboard nine cruise ships, often on Viking history.

**Eric R. Spence (JD ‘82)** was named to the 2024 edition of The Best Lawyers in America in commercial real estate law. He is of counsel at Ragsdale Liggett in Raleigh.

**Michele Bartoli Cain (JD ‘83, P ‘11, ‘13)** was named to the 2024 edition of The Best Lawyers in America in medical malpractice law (plaintiffs) and personal injury litigation (plaintiffs). She is a shareholder in the law firm Shulman Rogers in Potomac, MD.

**Don Flow (MBA ‘83)** received The Order of the Long Leaf Pine, North Carolina’s highest award for service. Flow is chairman and CEO of Flow Automotive Companies and is a member and past chair of the Wake Forest Board of Trustees. He is also chair of the Winston-Salem Open ATP Tournament, chair of the board of directors of the Winston-Salem Alliance and chair of the Wake Forest Baptist Medical Center board of trustees. He and his wife, Robbin, live in Winston-Salem.

**Anne Talbert Pollard (‘83)** wrote “Fabulous,” an inspirational autobiography about the decade leading up to a major personal transformation. She weaves themes of friends, animals and music through her journey that spanned sadness, happiness, debt, abundance, failed relationships, laughter and ultimate joy. She lives in Charlotte.

**Michael R. Marcela (‘84)** received The Order of the Long Leaf Pine, North Carolina’s highest award for service. He was a teacher and special education administrator for 39 years in five North Carolina school districts. He also worked with the North Carolina Council for Administrators of Special Education and the North Carolina Council for Exceptional Children to advocate for children with disabilities. Marcela retired from Watauga County Schools in 2023 and is an associate pastor at several United Methodist churches. He and his wife, Marsha, live in Vilas, NC.

**William “Bill” W. Pollock (‘84)** was named to the 2024 edition of The Best Lawyers in America in construction litigation, insurance litigation (defendants) and product liability litigation (defendants). He is a partner at Ragsdale Liggett in Raleigh.

**Jerry Haas (‘85, P ‘27)** finished second in the 2023 Senior PGA Professional Championship in Port St. Lucie, FL, in October. Haas has been the men’s golf coach at Wake Forest since 1997. The Demon Deacons won the ACC championship in 2022.

**Laura Payne Graham (‘86, JD ‘94)** is director of the fifth-ranked Legal Analysis, Writing and Research Program at Wake Forest School of Law. She has taught legal writing at the law school for 25 years and is a recent past president of the Association of Legal Writing Directors. In 2022, she received the Association of American Law Schools’ Legal Writing, Reasoning and Research Section Award.

**James Brim (‘87)** is director of the mountain operations of the Food Bank of Northeast Georgia in Clayton, GA. He oversees the shopping center where the nonprofit food bank operates in a former grocery store. Brim also manages the leasing and operations for other spaces in the shopping center owned by the nonprofit to generate income for the food bank in an innovative model. He played football at Wake Forest and in the NFL. *More at bit.ly/45KuxXB*

**Dorothy Talley Holley (‘88)** was named an Albert Einstein Distinguished Educator Fellow for 2023-2024. She was one of 16 teachers chosen nationwide and the only one from North Carolina. The fellowship brings K-12 science, technology, engineering and mathematics (STEM) teachers to Washington, DC, for 11 months. Fellows work in a congressional office or federal agency to inform federal STEM education efforts. Holley taught chemistry and physical science at West Johnston High School in Benson, NC.

**Carrie Buse (‘89)** is head of design for Mattel’s Future Lab in El Segundo, CA. She enjoyed seeing dolls she helped create and design featured in last year’s Barbie movie. *More on page 78*

**Julie Coyne (‘89)** was featured in “Spiritual Exemplars: A Global Project on Engaged Spirituality,” a multidimensional project that profiles 104 humanitarians and how religious values and spiritual practices inspire their social action. The project is facilitated by the Center for Religion and Civic Culture at the University of Southern California. Coyne is founder and executive director

the gold medal for biography in the Foreword INDIES Book of the Year Awards, the gold medal for biography in the Independent Book Publishers Association Benjamin Franklin Book of the Year Awards and the gold medal for best regional nonfiction, Southeastern region, in the Independent Publisher Book Awards. The biography was named a finalist in the Next Generation Book Awards and the Sperber Book Prize, which focuses on memoirs and biographies of journalists. *More at bit.ly/40r9icb*

**Michael Speas (‘78, JD ‘81)** paints for Speas-FINEART. His painting, “Standing Watch, Sharon at 15th,” was featured at the de Young Museum in San Francisco during the de Young Open from September through January. He lives in San Francisco.

**William Walter Wheeler (‘78, MD ‘82)** retired in May after 40 years practicing general surgery, 30 of which were spent in rural hospitals with fewer than 50 beds. He and his wife, Patricia, celebrated by traveling to Ireland and Austria. They are enjoying their home and rural community, Saint Maries, in northern Idaho.

**Nancy Joie Wilkie (‘78)** received an honorable mention for her poem, “Perfect Prayers,” in a poetry contest sponsored by the Maryland Writers’ Association. The poem was published in “Reflections: Maryland Writers’ Association Anthology 2023.” Wilkie worked in biotechnology and for the federal government before retiring to focus on art, music and writing. She lives in Brookeville, MD.

**Jeffery Hogg (‘79)** and his husband, Michael O’Brien, have moved from Morgantown, WV, to Winston-Salem, near Wake Forest’s campus. They look forward to opportunities to engage with the campus community and pursue Pro Humanitate in their retirement. Jeffery is professor emeritus of radiology at West Virginia University School of Medicine and continues to mentor medical students pursuing careers in radiology.

## 1980s

**Catherine Burroughs (‘80)** published “Ibo’s Landing,” a novel about the extent to which two families can escape the legacy of slavery. She also co-edited an anthology, “The Routledge Anthology of Women’s Theatre Theory and Dramatic Criticism.” Burroughs is professor emerita of English at Wells College in Aurora, NY. She and her husband, Rick Bogel, live on Edisto Island, SC.



of Education and Hope in Guatemala, a nonprofit empowering change through education and wellness, now in its 25th year.

**Joni L. James ('89)** is vice president of system communications for BayCare, a leading not-for-profit health care system serving West Central Florida and Tampa Bay. She is on the boards of the Florida Holocaust Museum and the YMCA of Greater St. Petersburg.

**Michele Oldham Juliana ('89)** was named enterprise nonprofit and education leader at RSM, a global audit, tax and consulting firm. She is a principal in the business applications practice at the firm, where she has worked since 2001. She has more than 25 years of experience leading nonprofit and private sector organizations through technology implementations.

## 1990s

**Robert Harville Boyles Jr. ('90)** received the 2023 Captain David H. Hart Award from the Atlantic States Marine Fisheries Commission for his contributions to the sustainable management of marine resources along the Eastern Seaboard. Boyles is director of the South Carolina Department of Natural Resources.



**James**  
(**'89**)



**Juliana**  
(**'89**)



**Flanagan**  
(**JD '90**)



**Zampetti**  
(**'91**)

**Pat Flanagan (JD '90)** became a certified Superior Court mediator with the North Carolina Dispute Resolution Commission. He is a partner at Cranfill Sumner LLP in Charlotte and chair of the municipalities and public entities practice group and vice chair of the employment practice group.

**Jennifer Scherer McCollum ('91)** is CEO of the leadership development firm Linkage Inc., a part of SHRM (Society for Human Resource Management). She wrote a book, "In Her Own Voice: A Woman's Rise to CEO," which provides advice on professional advancement for women and organizations on increasing gender equity in management. *More on page 61*

**Beth Starling McCormick ('91)** was named chief information officer at CAVA, which operates fast-casual Mediterranean restaurants. She

has more than 20 years of retail IT experience, including at PetSmart and American Eagle Outfitters. She and her husband, Mike, and their two sons live in Scottsdale, AZ.

**Gretchen Zinn Seymour ('91)** led the creation of "Knitting Communities Together" through Art Impact Project, a nonprofit in Lake Bluff, IL. The initiative brought together volunteer knitters in towns surrounding Highland Park, IL, to create a knitted installation as a memorial for the seven people killed and dozens wounded there on July 4, 2022. *More on page 9*

**Leslie Wood Zampetti ('91)** launched a literary agency, Open Book Literary. It focuses on serving underrepresented authors of children's books, middle grade and young adult, and adult fiction, including literary mysteries, romance and

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**Aghdami**  
(JD '92)



**Hagaman**  
(92)



**Hagaman**  
(94)



**Ramseur**  
(92, JD '95)



**Tuttle**  
(92, MBA '02)



**Iskra**  
(JD '94)



**Briggs**  
(95)



**Creel**  
(96, MA '00)

historical fiction. Zampetti is secretary and board member of the Association of American Literary Agents. She lives in Philadelphia.

**Farhad Aghdami (JD '92)** was named to Virginia Business magazine's 2023 Virginia 500 Power List. He is managing partner of the Richmond, VA, office of law firm Williams Mullen.

**M. Scott Hagaman (92)** celebrated his 20th anniversary as senior pastor of First Baptist Church of Marion, NC. His wife, **Hanna Sims Hagaman (94)**, was also honored for her 20 years of dedication to the church. They are the parents of **Laurel Hagaman (18)** and Ben Hagaman.

**David E. Inabinett (92, JD '96, P '22)** was named to the 2024 edition of The Best Lawyers in America in elder law, trusts and estates. He is

the managing member at Brinkley Walser Stoner PLLC in Lexington, NC, and Greensboro, NC.

**Robert "Bob" J. Ramseur Jr. (92, JD '95, P '23)** was appointed to a three-year term on the North Carolina Real Estate Commission by North Carolina House Speaker Tim Moore. Ramseur was previously appointed to the commission by Gov. Pat McCrory and was chair in 2017-2018 and vice chair in 2016-2017. He is a partner at Ragsdale Liggett in Raleigh and chair of its real estate department. He was named to the 2024 edition of The Best Lawyers in America.

**Melissa Tuttle (92, MBA '02)** was recognized in the 2023 Top Women in Hardware and Building Supply for Business Excellence by Hardware + Building Supply Dealer magazine. Tuttle is a senior director of store operations at Lowe's

Home Improvement. She and her husband, Mark Shaw, live in Huntersville, NC.

**Mark A. Johnson (93)** received an outstanding alumni award from the Wake Forest biology department. He is a professor of biology at Brown University and graduate program director for its Molecular Biology, Cell Biology and Biochemistry graduate program. He and his wife, **Carol Barnes Johnson (92)**, live in Barrington, RI.

**Jimmy Kemp (93)** was named partner at TD International, a strategic advisory and risk intelligence firm. He is also president of the Jack Kemp Foundation and an investor and founder of a technology firm, Group 47. He lives in Bethesda, MD, with his wife, Susan, and four sons.

## EDITOR'S NOTE

This year brings major change at Wake Forest Magazine. Bittersweet was the departure in January of Managing Editor **Carol L. Hanner**. She and her husband are official retirees now, on their way to live in Portugal. We are excited for her but will miss her dearly.

An experienced editor at newspapers throughout the country, she left the business in 2013 to edit books and write freelance articles. She wrote for Wake Forest Magazine, most notably a compelling 2016 piece about the creation of Wake Downtown.

After she joined the staff full time in 2018, she wrote with enthusiasm about any subject she encountered: Marc Blucas (94) and his role in Hallmark movies; Matt James (14) of "The Bachelor" and his Pro Humanitate work in Manhattan; Allison Orr's (93) choreography with facilities staff for the show "From the Ground Up"; and a secret revealed at Canterbury Cathedral by a young alumna. Hanner's profile of William Roebuck (78, MA '82) and his diplomatic life in global hot spots won a regional CASE award.

Carol managed the magazine's production and devised a way to publish the magazine after staff members were sent home during the pandemic. All these years, she never wavered in her can-do attitude, care for others, professionalism and devotion to telling stories that extolled Pro Humanitate.



Hanner



Greene (91)

The new managing editor is **Kelly Greene (91)**. She grew up in Winston-Salem, and, after years away, including 18 years at The Wall Street Journal, she has come home.

Kelly was a Guy T. Carswell Scholar and graduated Phi Beta Kappa. Her most recent job was senior director of executive communications at TIAA in New York. For more than two decades she was a successful newspaper journalist. She led retirement coverage at the Journal and co-authored the best-selling "The Wall Street Journal Complete Retirement Guidebook."

I am excited to welcome Kelly as a new leader on the team and read her stories about a University we both adore.

— Maria Henson (82)





**Brokaw**  
(‘97)



**Manns**  
(‘97)



**Williams**  
(‘97)



**Anderson**  
(‘98, JD ‘10)



**Ashworth**  
(‘98)



**Holden**  
(‘00, JD ‘03)



**McKnight**  
(‘00)

**David E. Lowe (‘93)** was ordained an elder in the Global Methodist Church at Wilderness Community Church in Spotsylvania, VA. He holds a Master of Science in management from Indiana Wesleyan University and a Master of Divinity from United Theological Seminary. He is a pastor and a doctoral candidate at Wesley Biblical Seminary. He and his wife, Kim, live in Blacksburg, VA.

**Brian Rudel (‘93)** placed first in the 5K and 10K runs in his age bracket (50-54) at the 2023 National Senior Games in Pittsburgh. He teaches fourth grade in the Winston-Salem/Forsyth County Schools and is in his 30th year of teaching.

**Paul “Tal” Swails III (‘93)** and his father, **Paul “Sonny” Swails Jr. (‘68)**, coached the Patrick County High School baseball team in Stuart, VA, to the class 2A state baseball championship in 2023. Tal Swails, a graduate of the high school, was named class 2A state coach of the year. His son, Tucker, was selected first team all-state pitcher and class 2A state player of the year.

**Stephen Dettor (‘94)** and brothers **Rick Connolly (‘94)** and **Brett Connolly (‘03)** are co-founders of Gravity IT Resources, which was on the 2023 Inc. (magazine) 5000 list of the fastest-growing privately owned companies in America for the fifth consecutive year. Gravity IT Resources was also certified for the third consecutive year by the Great Place To Work Institute. Dettor and Rick Connolly live in Fort Lauderdale, FL, with their families. They founded the national IT staffing and consulting company in 2015 in Connolly’s house. Brett Connolly joined shortly after that to expand the company in Charlotte, where he lives with his family. Dettor and the Connollys were members of Sigma Phi Epsilon fraternity at Wake Forest.

**Eric W. Iskra (JD ‘94, P ‘22)** was named Lawyer of the Year in employment law (management) in Charleston, WV, in the 2024 edition of The Best Lawyers in America. He is a partner at Spilman Thomas & Battle and chair of the labor and employment practice group. He is also the employer vice chair of the governing council of the American Bar Association’s Labor and Employment Law Section.

**Andrew “A.J.” Lewis (‘94, MD ‘98)** finished his third season as pitching coach for the Carolina Disco Turkeys, a collegiate summer team formed in Winston-Salem in 2021, while also continuing his work as an OB-GYN, delivering babies for the past 25 years. *More on page 8*

**Michael Briggs (‘95)** was named to the Wake Forest Alumni Council. He is executive director and chief development officer of The Chalmers Center, based in Chattanooga, TN. The non-profit helps Christians rethink and change their approaches to working with low-income people in their communities and abroad. He is completing a doctorate in ministry at Gordon-Conwell Theological Seminary. He and his wife, Kathryn Briggs, live in Winston-Salem and have three children.

**Joy Goodwin (‘95)** was named director of the Writing for the Screen and Stage minor at UNC-Chapel Hill, where she is a professor of the practice. She previously chaired MFA screenwriting programs at the University of North Carolina School of the Arts and Western Colorado University.

**Alan Zoccolillo (‘95)** was named a 2023 Deal-maker of the Year by the New York Law Journal. He is chair of the North American transactional practice at Baker McKenzie international law firm. He and his wife, **Patricia Fehl Zoccolillo (‘96)**, live in New Canaan, CT, and have three children.

**Colin Creel (‘96, MA ‘00)** is headmaster of Cornerstone Christian Academy in Peachtree Corners, GA. The Atlanta Journal-Constitution named the school the No. 1 small workplace in the region in 2023. Creel began as headmaster of the K-8 school in 2011. He was previously assistant director of admissions at Wake Forest and a teacher, coach and administrator at Wesleyan School in Peachtree Corners. He and his wife, Krista, have three children, Cole, Cooper and Chloe.

**Jenny Manley Brokaw (‘97)** was named to the Wake Forest Alumni Council. She is principal of Brokaw Consulting LLC in Menlo Park, CA. She and her husband, Matthew Brokaw, have two children.

**Amy Haddix Johnson (‘97)** was named a 2022 Unsung Legal Hero by Lawyers Weekly. Her firm, The Angle Solutions LLC, based in Charleston, SC, offers remote support services to law firms across the United States. In 2021 she opened a training center and office in Central America to fill gaps in U.S. law firms and train talented professionals from underserved areas. Johnson, her husband and their youngest son live in Antigua, Guatemala.

**DaBeth Manns (‘97)** was featured in an article on Forbes.com, “Why Supporting Music Scholarships At HBCUs Is Important.” Manns provided initial funds to endow The Belinda S. Womack Endowed Memorial Music Scholarship, named for her late mother, at Winston-Salem State University. Manns retired recently after leading a consulting firm for 20 years.

**Tycely Williams (‘97)** was named to The Non-Profit Times’ 2023 Power and Influence Top 50, which recognizes successful executives driving positive change in the United States and around the world. Williams is chief development officer for the Bipartisan Policy Center in Washington, DC. In her 20-plus-year career she has inspired individuals and institutions to invest more than \$100 million in charitable causes.

**Christopher V. Anderson (‘98, JD ‘10)** joined employment law firm Jackson Lewis PC as a principal in its Greenville, SC, office. Anderson focuses his practice on international employment law. He and his wife, **Cameron Gram Anderson (‘99)**, live in Daniel Island, SC.

**Will Ashworth (‘98)** was named to the Wake Forest Alumni Council. He is a partner at the law firm Williams & Connolly LLP in Washington, DC. He and his wife, **Tina Carlucci Ashworth (‘99)**, have three children.

**Jamie Harris (MBA ‘98)** was named a finalist for Chief Financial Officer of the Year by Charlotte Business Journal. Harris is the chief financial officer of RXO, a transportation, logistics and supply chain company. He joined the company in 2022 and contributed to its successful spinoff from XPO Logistics. He lives in Charlotte.

**Amie Fonville Sivon (‘98)** was named to the 2024 edition of The Best Lawyers in America in appellate practice. She is a partner at Ragsdale Liggett in Raleigh.

**David Ramsay (‘99)** was named to the Wake Forest Alumni Council. He is a physician in Winston-Salem. He and his wife, Laura Ramsay, have two children.

## 2000

**Shelley Slaughter Holden (‘00, JD ‘03)** was named to the Wake Forest Alumni Council and is serving as president-elect. She is a fundraising development professional and community volunteer in Winston-Salem. She and her husband, **David Holden (‘99)**, have two daughters.

**Rebecca Jones McKnight (‘00)** was named office managing partner to lead the Austin, TX, office of international law firm Reed Smith. She is a partner in the life sciences health industry group.



## ALUMNI Q&amp;A



**Keenon Mann ('04)** is president of the Association of Wake Forest University Black Alumni (AWFUBA). He is program manager for New Jersey and Delaware for Reach Out and Read, a national pediatric literacy nonprofit.

**AWFUBA had a great turnout at Homecoming. Can you give us some of the highlights?**

Over 200 alumni attended AWFUBA events during Homecoming, including the Celebration of the Black Experience. The inaugural Dr. Lawrence Hopkins ('72, MD '77, P '12) and Attorney Beth Hopkins ('73, P '12) Award was presented to the first all-female Greek-letter organization at Wake Forest, the Pi Omicron chapter of Delta Sigma Theta Sorority Inc.

**Can you tell us about the funds that AWFUBA supports?**

The Lift Every Voice Fund provides financial support for Black Student Alliance programming. The Eure/McPherson ODI Intercultural Center Access and Opportunity Current-Use Fund supports students in need through the Office of Diversity and Inclusion. (The fund is named for the first Black tenure-track professors, former University trustee and retired biology professor Herman Eure (Ph.D. '74, P '23) and the late English professor Dr. Dolly A. McPherson.) The Dr. Dolly McPherson Fund for African American Studies provides support for operations of the department. We partner with the BSA, the Office of Diversity and Inclusion and the African American Studies Program to support the funds.

**Has the engagement of Black alumni increased since you graduated?**

Yes, Black alumni have steadily increased in engagement, especially in more recent years with strengthened social media interaction and celebratory homecoming events and activities. In 2024, we are looking forward to honoring the 50th anniversary of the founding of the Afram Choir, which became the University Gospel Choir, the longest standing multicultural student organization.

**How did Wake Forest influence your life and career, and who were some of your mentors?**

I majored in English and minored in sociology and American ethnic studies, and I was president of the Black Student Alliance and the Gospel Choir. I have maintained leadership roles in my local communities and have worked in education, higher education administration and nonprofit management. My most influential mentor was Barbee Myers Oakes ('80, MA '81), who was the director of what was then the Office of Multicultural Affairs while I was on campus.

**What's your favorite Wake Forest memory?**

My favorite memory as an alumnus was from Homecoming 2022, when Gospel Choir alumni sang for the first time at the Celebration of the Black Experience. Afterward, alumni exchanged emotional reflections about how much the choir meant to them, while audience members literally cried, overcome by emotion at the melodious tunes and voices.

**When I come back to campus, I always visit:**

Collins Residence Hall. I will never forget the feeling of being driven to the entrance by my parents and moving into my new home away from home.

**For more information on AWFUBA and other affinity groups and WAKE-Communities, visit [wakecommunities.wfu.edu](http://wakecommunities.wfu.edu)**



**Rich**  
( '01, JD '04)



**Slagle**  
( '02)

## 2001

**DeKeely Hartsfield Atkins ('01), Aketa Emp-tage ('01) and Lamaya Covington Williams ('01, MALS '05)** were featured on the mental health podcast "Therapy for Black Girls," episode 322, to talk about their 26-year friendships that started in Babcock Residence Hall in 1997. They shared their Wake Forest memories, their growth as a friend group and ways to stay connected when your "besties" live far apart.

**Cassandra Rich ('01, JD '04)** was elected president of the Monroe County (NY) Bar Association Board of Trustees. She received the MCBA President's Award for Professionalism in 2020 and is chair of the MCBA President's Commission on Anti-Racism. She is special counsel at Barclay Damon in Rochester, NY, and a member of the firm's real estate and trusts and estates practice areas.

## 2002

**Natalie "Tallie" Litz Bissonnette ('02)** was named to the Wake Forest Alumni Council. She and her husband, **Erik Bissonnette ('01)**, live in Owings Mills, MD. They have three children; their son, **John Bissonnette**, is a freshman at Wake Forest.

**Jaclyn Elledge Slagle ('02)** was named to the Wake Forest Alumni Council. She is a strategic communications consultant based in Atlanta. She and her husband, Wes Slagle, have three children.

**David Tann ('02)** founded his own creative and branding agency, Tantrum Agency, in Atlanta and was named the 2023 Entrepreneur of the Year by the Atlanta Business League. He mentors students and speaks to classes about careers in marketing, design and creativity. *More on page 83*

**John Bowen "Bo" Walker ('02)** was named to the 2024 edition of The Best Lawyers in America in construction litigation, insurance litigation and personal injury litigation (defendants). He is a partner at Ragsdale Liggett in Raleigh.



## 2003

### Courtney Beitler Borrie

('03) is an assessment specialist for educational research and testing organization ETS. Still passionate about her political science degree 20 years later, she is on the history and social sciences team as the lead test developer for the AP Comparative Government and Politics course. She lives in Portland, ME.



**Manning**  
( '03, MSA '09)



**Munroe**  
( '03, JD '09)



**Sheridan**  
( '05)



**Lewis**  
( MBA '07)



**Urness**  
( '08)



**Parker**  
( '09)

**Brett Connolly ('03)**, his brother **Rick Connolly ('94)** and **Stephen Dettor ('94)** are co-founders of Gravity IT Resources, which was recognized on the 2023 Inc. (magazine) 5000 list of the fastest-growing privately owned companies in America for the fifth consecutive year. Gravity IT Resources was also certified for the third consecutive year by the Great Place To Work Institute. Dettor and Rick Connolly live in Fort Lauderdale, FL, with their families. They founded the national IT staffing and consulting company in 2015 in Connolly's house. Brett Connolly joined shortly after that to grow the company in Charlotte, where he lives with his family. Dettor and the Connollys were members of Sigma Phi Epsilon fraternity at Wake Forest.

**Raminder S. Madan (JD '03)** joined the Office of General Counsel of the U.S. Department of Veterans Affairs. He was an assistant public defender in Guilford County (NC). He lives in Winston-Salem.

**Felecia McNair Manning ('03, MSA '09)** was promoted to senior director, managed markets pricing and government programs, at pharmaceutical manufacturing company United Therapeutics Corp. She lives in Cary, NC.

**Anna Warburton Munroe ('03, JD '09)** was named a North Carolina Super Lawyer for the second time. She was also recognized in The Best Lawyers in America in family law and has been recognized every year since 2018. Munroe is a shareholder in the law firm Allman Spry Davis Leggett & Crumpler PA in Winston-Salem.

**Tom Redick ('03)** was named a University Faculty Scholar at Purdue University, where he is an associate professor of psychological sciences. The Faculty Scholars program recognizes outstanding mid-career faculty.

## 2004

**Eric F. Werrenrath ('04)** was included in the 2024 edition of The Best Lawyers in America in bankruptcy, creditor debtor rights/insolvency and reorganization law and real estate law. He is a shareholder at Winderweedle, Haines, Ward & Woodman PA in Winter Park, FL.

## 2005

**Stephen Aldrich (MSA '05)** was named vice president and chief accounting officer at Carlisle Companies Inc., a building products manufacturing company that provides energy-efficient solutions for the construction industry. He joined the company in 2012 and lives in Scottsdale, AZ.

**Matt Gallagher ('05)** has written a novel, "Daybreak," about a disillusioned American veteran who volunteers for the war in Ukraine to reconnect with a woman from his past. The book was inspired by Gallagher's time in Ukraine as a journalist for Esquire magazine and a volunteer. Gallagher served in the U.S. Army from 2005 to 2009 and is the author of several other novels and a memoir, "Kaboom: Embracing the Suck in a Savage Little War," about his time serving in Iraq. He lives with his family in Tulsa, OK, where he has a two-year Tulsa Artist Fellowship to teach and write. *More at [bit.ly/3wqeMa3](http://bit.ly/3wqeMa3)*

**Elisabeth Sheridan ('05)** was named to the Wake Forest Alumni Council. She is an associate professor at Drexel University and director of the Clinical Core at the A.J. Drexel Autism Institute. She lives in Philadelphia.

## 2007

**Brett A. Hubler ('07)** was named to Charlotte Business Journal's 2023 list of 40 Under 40. He is a partner at law firm Troutman Pepper Hamilton Sanders, where he practices in the corporate group. He lives in Charlotte with his wife, Katherine, and their two young daughters.

**Christina Gayle Lewis (MBA '07)** wrote her first book, "Ignite Your Soul," a reflection for seasoned female leaders and the first in her "Ignite, Include, Inspire" leadership series. Lewis lives in San Jose, CA.

**Anna Love ('07)** was named director of the Italian Studies program at High Point (NC) University. She is in her third year as an assistant professor of Italian.

**Zac Selmon ('07)** was named one of Sports Business Journal's Forty Under 40 in 2023. He is director of athletics at Mississippi State University. He was a four-year starter at tight end on the Wake Forest football team.

**Greg Wagner ('07)** was ranked No. 25 on Forbes' list of 2023 Top Next-Gen Wealth Advisors Best-in-State in Maryland. He is a financial advisor at Edward Jones in Chevy Chase, MD. He and his wife, **Carolyn Willer Wagner ('06)**, live in Rockville, MD.

## 2008

**Erin Marie Tanner Choi ('08, JD '11)** was included in the 2024 edition of Best Lawyers: Ones to Watch in America in commercial litigation. She is counsel in the Dallas office of Weil, Gotshal & Manges LLP.

**Heidi Urness ('08)** was named to the 2023 Super Lawyers list of Washington Rising Stars. She is an attorney in the Seattle office of McGlinchey Stafford PLLC and co-chair of the cannabis industry group.

## 2009

**Anup Dashputre (MBA '09)** founded Bell Arthur Partners, a boutique finance and strategy consulting firm. He lives in Cary, NC.

**Katharine Williams Farrell ('09, MBA '15)** and her Kappa Delta sorority sister, **Cari Wurzbacher ('11)**, were named to the WINiT Top 50 Women in Travel list as rising female leaders by the Global Business Travel Association. Farrell is manager, sales digital marketing communications, at Delta Air Lines, and Wurzbacher is key account manager, military and government, at United Airlines. Despite working for competitors, they have remained close and often volunteer together or see each other at travel industry events.

**Nannette Hill ('09)** was named assistant coach of the women's golf team at Penn State University. Hill played professionally on the LPGA Tour and the Epson Tour. She was an All-American and a three-time All-ACC selection at Wake Forest. She finished fourth individually in the 2009 ACC Championship and helped lead Wake Forest to the team title.

**Ashleigh Parker ('09)** received a 2023 Leaders in Diversity Award from the Triangle Business Journal. She is a Wake County (NC) district court judge and an adjunct instructor of civil litigation at Meredith College.



## THE VOICE OF BARBIE

For Carrie Buse ('89), a career at Mattel has been “Kenough,” providing a path from copywriting to design and innovation.

By Kelly Greene ('91)

**C**arrie Buse ('89) was channeling her inner Barbie long before millions of moviegoers rediscovered the doll last year.

Just as the Hollywood blockbuster follows the transformation of “Stereotypical Barbie” to feminist, Buse has charted her own journey from a small town in the South to El Segundo, California, as head of design for Mattel's Future Lab.

“If I had designed a career path, it wouldn't have been this. But I love my work,” says Buse, who majored in communication at Wake Forest with a focus on film and television. “We live in a really difficult time, and play helps.”

Growing up in Shelby, North Carolina, Buse and her older sister treated Barbie as an adventurer, not a fashion icon. Their dolls jumped out of trees and dove into buckets.

Buse originally had planned to head to Washington, D.C., upon graduation to

earn a master's degree in broadcasting. But she changed gears after getting her acceptance, on Commencement day, to the University of California Los Angeles' Graduate Program in Film & Television.

Since then, she's ridden waves of technological innovation in the worlds of gaming, entertainment and toys. Even in film school, Buse assisted a professor who had figured out how to write a computer program for laser discs to digitally jump back and forth in movies, rather than having to rewind and fast-forward. “I loved it, and it unlocked this idea of nonlinear thinking for me,” she says.

After finishing the program, Buse found herself at a loss for what would come next. Through what she calls some “very random connections,” she landed a spot as a producer/designer/scriptwriter for Philips POV making nonlinear narrative games in the early days of CD-ROMs.

Her writing talent helped her land freelancing gigs through the '90s dot-



Carrie Buse ('89)

com boom, including a stint responding to emails submitted by girls on Barbie.com — in Barbie's voice. Buse shared age-appropriate versions of her own SoCal adventures: A night at a Japanese hotspot turned into Barbie and little-sister Skipper discovering sushi.

Then came the dot-com bust, which left Buse asking her mother for help with her rent.

To pay the bills, she joined Mattel full time as a copywriter in the packaging department. Rather than resenting the switch from developing choose-your-own-adventure scripts for interactive toys, she recognized that she was learning on the job “how people truly connect to brands.”

Next, she joined Mattel's “Advanced Concepts” team, dreaming up tech enhancements for the doll division. Some of her favorite projects included a fingernail printer, a monster-face maker and a Video Girl Barbie with her own camera, back then viewed internally as a helpful tool for children recording YouTube videos.

Fast forward to last year's movie, when that doll's bitter lines got big laughs: “I have a TV on my back. You know whose dream this is? Nobody. It's nobody's dream.”

(A former boss warned her before the Mattel premiere that her project would be mocked, but Buse was more focused on what to say if she found the movie lacking, given her graduate degree in film. She was delighted to find that she loved it — especially this line from Ken, who accepts himself as “Kenough” after realizing he is more



Buse holds brainstorming meetings on the floor, because that's where children play.



than a Barbie accessory: “To be honest, when I found out the patriarchy wasn’t about horses, I lost interest anyway.”)

Buse’s career turn shocked Mary Dalton (’83), a professor of communication and film studies under whom Buse had studied at Wake Forest and whose parents grew up on farms near Shelby. “I felt so conflicted, and I remember saying, ‘There will be spaces to push against those (Barbie) stereotypes,’” Dalton says. “That’s what she has done. She has found her own niche.”

Indeed, while Buse works with many colleagues “who wear pink proudly,” she points out with a crinkly-eyed smile that her Barbie swag is always black.

Barbie. It was an instant hit, registering millions of users in just a few months.

Buse was eventually plucked from her team to design new technology just for Barbie. She wasn’t happy about the move — until she met her new boss, Kim Culmone, now senior vice president and head of design for dolls. Buse credits Culmone for transforming Barbie’s image.

“Kim said, ‘Right now, if somebody calls you a Barbie, it’s not a compliment. But I have this vision that it’s going to mean that you’re a Renaissance woman,’” Buse recalls. “And I was like, ‘Sign me up. I’m all in for this story.’”

Culmone credits Buse for her leadership in imagining new ways to leverage

power conversations between the doll and a person. Barbie Hello Dreamhouse, a smart home (since discontinued), responded to more than 100 voice commands — including “Let’s throw a surprise party.”

The lights would shut off, the child would be instructed to hide, footsteps would sound, the door would swing open, lights would turn on, music would play, “and the little kids would go, ‘Surprise!’” Buse recalls. “As a designer, I ask, ‘How long can the play keep going? How do I keep you engaged, so you’re still having fun and using your imagination?’”

Last year, Mattel promoted her to head of design for its Future Lab, leading a team focused on innovating what’s ahead both for children and, increasingly, grown-ups. “There wasn’t a better person for this role than Carrie. I know she’s comfortable with the discomfort and ambiguity that come with innovation,” says Ron Friedman, the group’s vice president.

During their weekly meeting, the Future Lab team members play a game for a few minutes, and “the highlight is having Carrie unmuted and hearing her laughter,” he says. “It’s the energy that feeds all of us.”

They are finding early success with “virtual collectibles” — specifically Hot Wheels NFTs, or non-fungible tokens, an ID for a digital asset. Such toys are designed for “kidults,” anyone 12 or older, which is the fastest growing toy market, Buse says.

The Hot Wheels NFTs have taken off amid a widespread slump in the non-fungible token market, in part because “we knew what our community liked,” Friedman says. “That’s something Carrie always advocates — being consumer-centric and focused on the experience, not the technology.”

Or, as Buse puts it, “We never grow out of the need for play. It’s fun to be in this space right now and think about, ‘Can I make things that have value for kids and adults?’”

She quickly answers her own question: “I think, ‘Wow. Yeah, let’s do that.’”

Read more at [bit.ly/VoiceofBarbie](https://bit.ly/VoiceofBarbie)



**“We never grow out of the need for play. It’s fun to be in this space right now and think about, ‘Can I make things that have value for kids and adults?’”**

—Carrie Buse (’89)

Even in her early days as a copywriter, Buse couldn’t resist dabbling in other projects at Mattel. Before long, the design department poached her to support what the gaming industry calls an MMOW, or massive multiplayer online world, revolving around — who else? —

technology. “Carrie’s always many steps ahead, envisioning where our toys will show up in the future,” Culmone says. “It’s a very impressive space that she hangs out in in this organization.”

Buse worked on Hello Barbie, which used Wi-Fi and voice recognition to



# FACE

TO

## SPEAKER FORUM



# TREVOR NOAH

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**Parker**  
(‘10)



**Bell**  
(JD ‘12)



**Huffman**  
(‘13, JD ‘18)



**Parker**  
(‘13)



**Winslow**  
(‘13, MSM ‘14)

## 2010

**Ian Jankelowitz (MBA ‘10)** was named head of Everyday Market from Woolworths, an online integrated marketplace operated by Woolworths Group, an Australian multinational grocery and general merchandise retail company. He lives in Sydney.

**Adam Parker (‘10)** and his wife, **Addy Rothman Parker (‘13)**, were named to the Wake Forest Alumni Council. They live in Atlanta. Adam is a vice president at Carter, a national real estate development and investment firm. His firm is working with Front Street Capital and Wake Forest to redevelop the Baity Street-Deacon Boulevard area near Allegacy Stadium and Joel Coliseum. Addy is a manager in Deloitte Consulting’s Government and Public Service practice and is president of WAKEAtlanta.

## 2011

**Johanna Edens Anderson (MBA ‘11)** joined the board of directors of the North Carolina Education Corps, which recruits and trains literacy tutors to work with K-5 students. Anderson is chief impact officer at Broward Grove in Charlotte, which works with families to be effective stewards of legacy wealth. She spent more than a decade as executive director of the Belk Foundation.

**Jacqueline Staiger (‘11)** was named senior director of global men’s strategy at Nike. She has worked at Nike since 2017 and lives in Portland, OR.

**Cari Wurzbacher (‘11)** and her Kappa Delta sorority sister, **Katharine Farrell (‘09, MBA ‘15)**, were named to the WINIT Top 50 Women in Travel list as rising female leaders by the Global Business Travel Association. Wurzbacher is key account manager, military and government, at United Airlines, and Farrell is manager, sales digital marketing communications, at Delta Air Lines. Despite working for competitors, they have remained close and often volunteer together or see each other at travel industry events.

## 2012

**Stephen Bell (JD ‘12)** was named to the 2024 edition of Best Lawyers: Ones to Watch in America in professional malpractice law. He is a partner in the law firm Cranfill Sumner LLP in Wilmington, NC.

## 2013

**Allison Cacich (‘13)** was promoted to editorial director of commerce at publisher Dotdash Meredith, where she oversees news and deals content for Real Simple, Southern Living and Better Homes & Gardens. She lives in Chicago.

**Armando Colimodio (MBA ‘13)** is an entrepreneur with a number of ventures that have been successful on Amazon. He recently sold one of his companies, Colsen Fire Pits, the No. 1 tabletop firepit on Amazon in 2022, and launched Black Forest Supplements for men’s health. He lives in Miami.

**Mark Huffman (‘13, JD ‘18)** was named to the 2024 Best Lawyers: Ones to Watch list for commercial litigation. He is an associate at Munsch Hardt in Dallas.

**Jim O’Connell (‘13)** co-founded and is managing partner of Grove Investments in New York. He was president of Partners Asset Management in Tampa, FL. He is a member of the Wake Forest Board of Trustees and serves on the investment committee.

**Addy Rothman Parker (‘13)** and her husband, **Adam Parker (‘10)**, were named to the Wake Forest Alumni Council. They live in Atlanta. Addy is a manager in Deloitte Consulting’s Government and Public Service practice and is president of WAKEAtlanta. Adam is a vice president at Carter, a national real estate development and investment firm. His firm is working with Front Street Capital and Wake Forest to redevelop the Baity Street-Deacon Boulevard area near Allegacy Stadium and Joel Coliseum.

**Emily Snow (‘13)** completed a clerkship at the U.S. District Court for the Northern District of Georgia. She is now an associate at Caplan Cobb, a business litigation and appellate firm in Atlanta.

**John Winslow (‘13, MSM ‘14)** is an assistant vice president, property and casualty reserving actuary, at reinsurance company Fortitude Re. He and his wife, **Jessica Strokus (‘13, JD ‘16)**, live in Washington, DC.



## 2014

**Lucas Garber (JD '14)** was named to Charlotte Business Journal's 2023 list of 40 Under 40. He is a partner and co-chair of the manufacturing business sector at law firm Shumaker, Loop & Kendrick. He lives in Charlotte with his wife, Allison, and their two young children.

**Annie Johnson ('14)** was named audience development lead at Money Group, a digital media company that connects consumers and brands. She leads strategies for newsletters and social media for Digg.com and Money.com. She and her husband, **Matthew Williams ('14, MSM '15)**, live in Chicago.

**Aubrey Bledsoe Kingsbury ('14)** was on the United States Women's National Team for the 2023 FIFA Women's World Cup. Kingsbury was a three-time All-American goalkeeper for Wake Forest's soccer team and now plays for the Washington Spirit.

**Colin Ricks (MBA '14)** launched Temporary Wall Systems, a containment service in the Southeast that allows clean operations of homes and businesses during construction projects. He is also the owner and operator of Mighty Dog Roofing in Charlotte.

**Ruth Tisdale (JD '14)** was named a 2023 Rising Star by the Minority Corporate Counsel Association. She is senior counsel for Walmart Inc.'s health and wellness division and lives in Monroe, NY.

## 2015

**Laura Jurotich Danze ('15)** is senior development officer at Skyland Trail, a nonprofit mental health residential treatment program for adults and adolescents in Atlanta. She and her husband, John, live in Atlanta.

**Bryant Davis ('15, MA '16)** joined the Dallas Cowboys as a strategic football analyst. He was previously a research and development analyst with the Tampa Bay Rays baseball team.

**John G. Hodnette (JD '15)** joined Fox Rothschild LLP as counsel in the taxation and wealth planning department in the firm's Charlotte office.

## 2016

**John Burns (MBA '16)** was promoted to lieutenant colonel in the U.S. Army and assigned as the executive officer for the National Training Center Operations Group at Fort Irwin, CA.

**Ryan Janvion ('16)** was named senior director of strategic accounts at Medisafe Connected Health Platform. He and his wife, **Stephanie Goyeneche ('15)**, live in the Boston area.

**Brooke Metz ('16)** was promoted to media supervisor at Edelman, a global communications firm, where she has worked since 2018. She lives in Atlanta.

**Finley Turner (MA '16)** wrote her first novel, "The Engagement Party," about a murder at a lavish engagement party and the primary suspect, the bride-to-be. After working for five years in Special Collections & Archives in the Z. Smith Reynolds Library at Wake Forest, she now writes and parents full time. She lives in Winston-Salem.

## 2017

**Jackson Colvett ('17)** was named an assistant professor of psychology at Berry College outside Rome, GA. He received his master's and Ph.D. in psychological and brain sciences from Washington University in St. Louis.

**Chase Hicks (MSM '17)** started as senior vice president at Newrez LLC, a national mortgage lender and servicer. He lives in Washington, DC.

**Jack Laughlin ('17)** co-founded and opened BinStar, a store in Avon, MA, that sells deeply discounted returned merchandise that would have ended up in landfills. He lives in Massachusetts with his wife, **Sophie Leveque ('16)**, a librarian at Boston Public Library. *More at [bit.ly/3rmnS7p](https://bit.ly/3rmnS7p)*

**John Sears (JD '17)** founded Innovators Legal in 2020 and merged the company in 2023 with Johnson, Marcou, Isaacs, & Nix LLC. Sears is senior partner at the merged firm, which focuses on intellectual property and corporate matters. He splits his time between Atlanta and his family homestead in Tennessee.

## 2018

**Tom Hickman (MSL '18)** spoke on a retail trends panel at IFA 2023, a consumer electronics and home appliances trade show, in Berlin. He is CEO of Nationwide Marketing Group, the largest buying and marketing organization for independent appliance, furniture and electronics and rent-to-own dealers. He lives in Winston-Salem.

**Erin Stephens ('18)** was named assistant director for sustainability strategy in the Office of Sustainability at Wake Forest. She lives in Winston-Salem with her fiancé, **Clay Hamilton ('18)**.

## 2020

**Kat Boulton ('20)** is an extramural management analyst at the U.S. Environmental Protection Agency. She lives in Washington, DC.

**Amanda Connor Goumas ('20)** started as a change management consultant at Duke Energy Corp. She lives in Charlotte.



Hicks  
(MSM '17)



Stuckey  
('21)

**Tara Schiphof (MSM '20)** was crowned Miss Georgia 2023, qualifying her for the Miss America competition. Her platform, #yesYOUcan, helps students develop healthy coping mechanisms and the skills to persevere through life's greatest challenges. She is an assistant channel manager at Stanley Black & Decker Inc. in Atlanta.

**Lillianna Sheppard ('20)** earned a master's degree in clinical psychology from Nova Southeastern University. She is pursuing a doctorate there.

**Cole Snyder ('20)** was promoted to investment banking associate at Wells Fargo. He lives in New York.

**Andrew Zeidell (PhD '20)** was awarded a fellowship from the American Association for the Advancement of Science to work at the National Science Foundation's National Science Board Office. Fellows of the Science & Technology Policy Fellowships program are chosen from a select group of doctoral-level scientists and masters-level engineers to work in the U.S. government for a year. During his doctoral research, Zeidell studied the physics of organic semiconductors with Wake Forest Professor Oana Jurchescu.

## 2021

**Lauren Berryman ('21)** is a health insurance reporter at Modern Healthcare. She lives in New York.

**Fiona Burdette ('21)** is nearing completion of a Master of Arts in archaeology and the cultural history of Northeast Africa (Egyptology) at Humboldt University of Berlin. As an undergraduate majoring in German and mathematics, Burdette transcribed and translated 1930s and '40s letters to a Jewish German immigrant from his parents and other family members in a script that requires specialty knowledge. Her work for her senior project led to four professors working on a book based on the letters, which were donated with family photos and other documents to Z. Smith Reynolds Library. *More at [bit.ly/3PSgSYy](https://bit.ly/3PSgSYy)*

**Borna Gojo ('21)** reached the round of 16 in the 2023 US Open Tennis Championships at Arthur Ashe Stadium in Flushing, NY, before falling to No. 2-ranked Novak Djokovic.

**Zoe Stuckey ('21)** received the Congressional Award Gold Medal, the highest Congressional honor for youth. It requires at least 800 hours of volunteering, personal development, physical





**Jackson-Jordan**  
(MDiv '22)



**Brown**  
(23)

fitness and exploration. Stuckey is a graduate student in the master's of counseling program at UNC Greensboro.

**Meredith Vaughn ('21)** received her master's degree in building and architectural engineering from Politecnico di Milano in Italy. She started as a structural engineer I at Select Engineering PLLC in Greensboro, NC.

**Brady Wilson ('21)** is the founder and CEO of Pampr.com, a hospitality startup that provides pre-arrival delivery of groceries, alcohol, gear and rental equipment to vacation homes in resort communities. The service is available in Nantucket, MA, and Lake Tahoe (CA/NV).

## 2022

**Catherine Jackson-Jordan (MDiv '22)** joined the University Advancement office at Wake Forest as assistant director of development for the School of Divinity. She lives in Winston-Salem.

**Sean Maloney (MSBA '22)** is senior manager, financial planning and analysis, at automotive services company Driven Brands Inc. He lives in Charlotte.

**Shannon M. Porterfield (JD '22)** joined Rawle & Henderson LLP in Harrisburg, PA, as an associate and a member of the commercial motor vehicle practice group. At Wake Forest, she was the online editor of the Wake Forest Law Review.

**Leah Wyrick ('22)**, founder of Three Strands Recovery Wear, initiated a pilot test and online sales of the Resilience Bra, a post-surgery recovery bra designed to reduce complications for breast cancer patients. *More on page 21*

## 2023

**Mary Olivia Brown ('23)** received the Herbert Hughes Short Story Award for "Why I Should Have Never Left: A Story in One Sentence" from the Sigma Tau Delta English honor society. Her story will be featured in the 2024 edition of the Sigma Tau Delta Rectangle, the society's annual creative writing journal.

**Matthew Cinelli ('23)** started as a business analyst at Cable ONE telecommunications company. He lives in Phoenix.

## Marriages

**Nick Hernandez (MBA '03)** and Lisa Chase, 9/17/23 in New York, where they live.

**Shelby Aaron Taylor ('14)** and Kyle Patrick Baker, 10/15/23 in Candler, NC. They live in Fairview, NC.

**Bonnie Walker ('14)** and **John Walsh ('14)**, 8/5/23 in Dallas, where they live. The wedding party included Beth Ammons ('14), Matthew Gray ('14, MD '18), Kent Langston ('14) and Noland Griffith ('15, MBA '23).

**Nora Kelly Kane ('15, MSM '21)** and Zachary Scott Reich, 10/21/23 in Windham, NY. They live in Winston-Salem. The wedding party included Bailey Marie Stinson ('14, MSM '15, MBA '19).

**Matthew Pirro ('15)** and **Meredith Ross ('15)**, 10/20/23 in Nashville, TN. They live in Charlotte. The wedding party included Kevin Jordan ('14), Elise Kelly Chubb ('15), Paige Dangerfield ('15), McCauley Mateja Greene ('15), Moria Lawlor Love ('15), Joe Napolitano ('15), Melissa Remmey Porter ('15) and Max Tishman ('16).

**Tyler Pearce Hinshaw ('16, MS '17)** and Sahil Dayal, 9/2/23 in Winston-Salem. They live in Morgantown, WV. The wedding party included Ivory Shelton ('16, MD '20) and Chrissy Tingle ('16). The bride is the daughter of Billy Hinshaw Jr. ('87, MBA '93) and Peggy Jacobs Hinshaw ('88).

**Kathryn Coble Thompson (MA '16)** and Jay Pace, 4/15/23 in Boone, NC. They live in Eden, NC, and Dubois, WY.

**Erich M. Denk ('17)** and **Annie-Lori Joseph ('17)**, 7/22/23 in Rowley, MA. They live in Brookline, MA. The wedding party included Abby Fritzsche ('17), Mitchell Loll ('17), John McGowan ('17), Sarah Greenspon Petrides ('17), Marlee Stark ('17) and Jon Wagner ('17).

**Abigale Nowak ('17)** and **Thomas Terry III ('17)**, 7/22/23 in Monterey, CA. The wedding party included Andrew Bond ('17), Ally Harper ('17), Oliver Kiss ('17), Kelly McNaughton Kotz ('17), Michelle Paturzo ('17), Josh Quigley ('17), Thomas Schwartz ('17) and Emma Scott ('19).

**Alexa Li (MSBA '18)** and Randy Ma, 8/20/23 in Los Gatos, CA. They live in Sunnyvale, CA. The wedding party included Yingying Chu (MSBA '18), Jingyi Fan (MSBA '18) and Erica Wang (MSBA '19).

**Erica Gisela Litvak (JD '19)** and **Joshua Tyler Randall (JD '20)**, 8/10/23 in Newport, RI. They live in Morristown, NJ.

**Spencer Sullivan ('19)** and **Elizabeth Velez ('20)**, 10/21/23 in Asheville, NC. They live in Chapel Hill, NC. The wedding party included Colman Feighan ('20), Kelly Needles ('20) and Saige LaPorte ('22).

**Eric Haddleton ('20)** and **Ali Kitterman ('20, MA '25)**, 7/15/23 in Winston-Salem, where they live. The wedding party included Ray Celeste Tanner (MA '19).

**Matthew Marshall Brunner ('22, MSA '23)** and **Madeline Rose Coelho ('22)**, 9/15/23 in Leesburg, VA. They live in Washington, DC. The wedding party included Catherine Coelho Riley ('10, MA '12), Abigail Coelho de Lorimier ('18), Ellie Bedingham ('22) and Olivia Thonson ('22).

**Emma E. Rickard ('22)** and **Ross J. Thomas ('22)**, 10/21/23 in Summerfield, NC. They live outside Savannah, GA. The wedding party included Peter Gilbert ('22), Thomas Laws ('22), Henry Lynn ('22) and Amelia Schulte McClure ('22, JD '25).

## Births

**Aaron Mills ('99)** and Christina Karagiannis Mills, Woolwine, VA: a son, Athanasios Karagiannis Mills. 4/15/23

**John Engel ('05)** and Megan Engel, Falls Church, VA: a son, Trevor Jack Engel. 7/16/22. He joined his brothers, Hunter (8) and Austin (4).

**Kezia McKeague ('05)** and Carlos Irigaray, Bethesda, MD: a daughter, Viviane Eloise Irigaray. 8/31/23

**Jill Bader Thompson ('05)** and David Thompson, Nashville, TN: a daughter, Clara Beth Thompson. 6/5/23. She joined her brother, William (2).

**Nikki Soriano Plikaitis ('06)** and Luke Plikaitis, Annandale, VA: a son, Noah Soriano Plikaitis. 7/24/23. He joined his sister, Lillian Elise (2).

**Johanna Blue Wrenholt ('06)** and Michael Wrenholt, Durham, NC: a son, Logan James Wrenholt. 8/5/23

**Tim Powers ('09)** and Cornelia Powers, Chevy Chase, MD: a daughter, Kathleen "Kit" Brigid Powers. 7/23/23

**Evan Bergelt ('10)** and **Borden Cornwall Bergelt ('11)**, New York: a daughter, Sara Frances "Francie" Bergelt. 3/19/23

**Jaron Cones ('11)** and Heather Cones, Raleigh: a son, Olsen Jaron Cones. 5/10/23

**Thomas Anthony Derry ('12)** and **Laura Trollinger Derry ('13)**, Menlo Park, CA: a daughter, Eleanor Ryan Derry. 7/5/23

**Kelly Rumbaugh Patel ('12)** and Chirag Patel, Dallas: a daughter, Amaya Lenley Patel. 9/24/23

**Nicole Ann Weiler Caliguire ('13)** and **Christopher Robert Caliguire ('14)**, Norwell, MA: a son, Colin Robert Caliguire. 7/17/23. He joined his sister, Flynn (2).



# FROM BOARDROOM TO CLASSROOM

Entrepreneur David Tann ('02) built his own creative and branding agency to make time to mentor the next generation.

By Amber Burton ('15)

**A** few miles from Charlotte's gleaming office towers, David Tann ('02) paces around a roomful of high school students. His goal is to get them to practice pitching business ideas.

At first, some seem shy, retreating into their hoodies, shoulders hunched.

But Tann, who made his name in marketing by building brands for NBA teams, big companies and nonprofits, urges them on, eventually persuading one girl to stand on the table to make her pitch, "because it's a good idea. Say it out loud."

Tann is telling students at Phillip O. Berry Academy of Technology, where many come from low-income households, about careers in marketing, design and creativity. But he's showing them so much more.

"It's really hard to want to be something that you can't see," says Tann, CEO and founder of the 5-year-old Tantrum Agency. "The minute someone shows you and explains to you, and you're able to see it, that thing now becomes tangible."

"David talks with them, and he answers their questions, really drawing them in, and that's the impact," says Nakesha Merritt Dawson ('02), who knows Tann from their time together at Wake Forest. She reached out for his help designing and teaching marketing courses for the Charlotte-Mecklenburg Schools after hearing about programs he led in Atlanta.

The Atlanta Business League, a 90-year-old trade group started as an affiliate of Booker T. Washington's National Business League, recognized Tann for his financial success and commitment to service by naming him its 2023 Entrepreneur of the Year. He joins a prestigious list of honorees, including real estate mogul T. Dallas Smith and the late baseball star Hank Aaron.

Tann is trying to provide the example he lacked. "I didn't really see many other people in the industry that looked like me," he says. "Now as a business leader, I can create a space that celebrates diversity, authenticity and talent."

Growing up in Kenesaw, Georgia, Tann says he focused largely on basketball until Wake Forest awarded him a Joseph G. Gordon Scholarship — a merit-based award for students who show exceptional promise and achievement and who are members of traditionally underrepresented groups. "Getting this academic scholarship really forced me to sort of redefine who I was as a person," he recalls. "Wake was the perfect place to do that."

Tann majored in communication, attracted to the program by two Black faculty members who served as mentors: Nate French ('93, P '23, '24) and Eric Watts. Creating flyers for his fraternity, Alpha Phi Alpha, sparked Tann's interest in design — but he still didn't see it as a professional path.

That changed at a Wake Forest career fair, where he picked up a packet about Atlanta's Portfolio Center, now part of the Miami Ad School. While studying design there, he discovered that his communication background helped him stand out when pitching ideas.

His early work for agencies included branding for Hallmark Cards Inc., Abercrombie & Fitch and Bath & Body Works before he became vice president and creative director for the Atlanta Hawks and what was then called Philips Arena. In 2018, he struck out on his own with one goal for his startup: surviving the first six months.

Five years later, Tann has built a boutique creative consultancy and carved out time for classes like the one in Charlotte, where he makes his pitch: "If y'all are setting the trends, you might as well pursue the jobs, too, so that y'all can influence the culture."

Students start paying closer attention as he continues: "You can do PR for the NFL team. You can do graphics. You can run the website," Tann says. "There's a bunch of stuff you can do in the creative, in the marketing, in the digital space that y'all didn't even know existed."

"That's why I'm here."

More at [bit.ly/3Zu5i90](https://bit.ly/3Zu5i90)



Tann ('02)



David Tann ('02) built his own agency in part to give him the freedom to mentor students.



**Francie Fisher Corcoran ('13)** and Thomas Corcoran, Nashville, TN: a daughter, Mary Irwin "Wynne" Corcoran. 4/4/23

**Bradley Keegan ('13, MS '15)** and McKinley Keegan, Baltimore: a son, Stryker Thomas Keegan. 2/9/23

**Bret Norris Maffett (MBA '13)** and **Pamela Buntten Maffett ('13)**, King George, VA: a daughter, Anne Caroline Katharine Maffett. 6/9/23

**Alexandra Schovee Sullivan ('13, MSA '14)** and **Kevin Sullivan ('13)**, Chevy Chase, MD: a son, Colton Thomas Sullivan. 8/20/23

**Wayland Patrick Caldwell (MSM '14, MBA '17)** and Leni Caldwell, Winston-Salem: a daughter, Vasiliki "Vasi" Eleni Caldwell. 7/23/23

**Meredith Brown Howarth ('14)** and Alex Howarth, Millburn, NJ: a daughter, Charlotte Brown Howarth. 8/20/23

**Heather Donelson DeVito ('15)** and **Matthew DeVito ('15)**, Verona, NJ: a son, Christopher Blair DeVito. 10/1/23

**Clewell Younger Fogleman ('18)** and **Kandis McNeil Fogleman ('19)**, Carrboro, NC: a son, Rush Clewell Fogleman. 7/20/23

## Deaths

**Frank Justice Timberlake ('42)**, Sept. 22, 2023, Charlotte. He was 100 years old. At Wake Forest, he was in Sigma Pi Alpha French honor fraternity and Lambda Chi Alpha fraternity. He served in the U.S. Army and worked at Mirro Aluminum Co. for 32 years.

**Robert L. Bridger ('44)**, Oct. 8, 2023, Ocean Isle Beach, NC. He was 100 years old. He served in the U.S. Army Dental Corps in post-war Japan and was a dentist in Wadesboro, NC, for many years.

**Gilbert "Lefty" Etheridge Woodard Sr. ('45)**, Aug. 18, 2023, Reidsville, NC. He served in World War II on the USS Maui in the Pacific Theater. He worked in sales at Armour Fertilizer Co. He was preceded in death by son **Gilbert E. Woodard Jr. ('72)**.

**Evelyn Pittman Hill ('47)**, Sept. 27, 2023, Greensboro, NC. She was a Southern Baptist missionary in Thailand for 40 years. Survivors include son **Robert D. Hill ('73)**.

**Paul David Godfrey ('48)**, May 30, 2022, Matthews, NC.

**Montie Esther White Jenkins ('48)**, Aug. 21, 2023, Pendleton, NC. She was a teacher. Survivors include son **James "Jimmy" Jenkins Jr. ('76)** and grandchildren **Susan Jenkins Sumrell ('03)** and **James "Jay" Jenkins III ('05)**.

**William "Bill" Bland Ray ('49, JD '55)**, Oct. 16, 2023, Wake Forest, NC. He served in the U.S.

Navy during World War II. He was an assistant attorney general in North Carolina.

**Lindsay Coble Ferguson ('51)**, Oct. 3, 2022, North Olmsted, OH. He served in the U.S. Army and retired from St. John and West Shore Hospital.

**Peggy Joyner Frisbie ('51)**, Oct. 25, 2023, Raleigh. She was preceded in death by her husband, **James Franklin Frisbie Jr. ('49)**.

**Dorothy Hilburn Knight ('51)**, Sept. 18, 2023, Greenville, SC. She was a school counselor in Rocky Mount, NC, and Charlotte for more than 25 years. She and her late husband, Herbert Joseph Knight, helped establish the first mental health clinic in Rocky Mount.

**William Royster Mitchell ('51)**, Sept. 3, 2023, Champaign, IL. He was a retired colonel in the U.S. Air Force and a real estate broker.

**Elizabeth Stone Watkins ('51)**, Sept. 28, 2023, Durham, NC. She was part owner of Watkins-Rudow Realty in Durham. Survivors include her husband, **Henry Burton Watkins ('50)**.

**Woodrow Wilson "Buddy" Wrenn ('52)**, Oct. 3, 2023, Roanoke Rapids, NC. He served in the U.S. Army and played baseball at Wake Forest on the 1949 College World Series team. He retired from J.P. Stevens and was a high school baseball coach and umpire.

**Arie Esther Overstreet Conner ('53)**, Sept. 17, 2023, Marietta, GA. She was a real estate agent.

**John Blair Hagler ('53)**, July 2, 2022, Raleigh. He served in the U.S. Army Special Forces and worked at Southeastern Electronics. He was one of the first recipients of The Order of the Long Leaf Pine, North Carolina's highest award for service. Survivors include his wife, **Willie Dean Freeman Hagler ('54)**, son **John Arthur Hagler ('89)** and granddaughter **Reece Hagler ('21)**.

**Max Filmore Chandler ('54)**, Feb. 16, 2023, Kannapolis, NC. He was a teacher for 32 years.

**Ina Benner Freeman ('54)**, April 9, 2023, Pensacola, FL. She was preceded in death by her husband, **Don McKinley Freeman ('54)**.

**Agamemnon Constantine Hanzas ('54)**, Oct. 12, 2023, Potomac, MD. He served in the U.S. Army and worked for Ciba-Geigy, Johnson & Johnson and Sigma-Tau Pharmaceuticals.

**Clarence David "Buck" Riddle ('54)**, Aug. 19, 2023, Athens, GA. He played baseball at Wake Forest and with the Boston Braves, which later became the Atlanta Braves.

**William "Bill" Madison Satterwhite Jr. ('54)**, Aug. 25, 2023, Winston-Salem. He was a physician who established his own ear, nose and throat practice. He co-founded the Community Care Center medical clinic in Winston-Salem. Survivors include sons **Bill Satterwhite III (MD '97)** and **Robert Satterwhite (MA '96)** and grandson **Isaac Satterwhite ('20)**.

**James "Jim" P. Anderson Jr. ('55)**, Sept. 6, 2023, Signal Mountain, TN. He served in the U.S. Army and was an attorney in Chattanooga, TN, for 55 years.

**Lester Province Branham Jr. ('55)**, Oct. 22, 2023, Lake City, SC. He was a Baptist minister in South Carolina for 67 years and retired from First Baptist Church of Lake City after 25 years. He served in the South Carolina House of Representatives.

**John Burnell "Jim" DeVos ('55)**, May 6, 2022, Round Lake Beach, IL. At Wake Forest, he played on the 1953 Southern Conference Championship basketball team and was the Demon Deacon mascot for the football team and a member of Sigma Phi Epsilon fraternity. He was a dentist for more than 30 years.

**David Lee McKee ('56)**, Sept. 24, 2023, Belton, SC. He was personnel manager for more than 40 years at Wells Aluminum and director of the Belton Interfaith Ministries Association for nearly 20 years.

**Robert Vincent Nostrandt ('56)**, Sept. 10, 2023, Richmond, VA. He was a member of Alpha Sigma Phi fraternity at Wake Forest. He worked at AT&T for more than 30 years.

**Patrick Price ('56)**, Oct. 21, 2023, Asheville, NC. He worked at BASF chemical company until retiring and starting his own environmental consulting business. He received The Order of the Long Leaf Pine, North Carolina's highest award for service, for his environmental work.

**Flemming Fuller Royal ('56, MD '60)**, Oct. 11, 2023, Las Vegas. He served in the U.S. Air Force. He co-founded and was medical director of The Nevada Clinic of Preventative Medicine.

**Ann Penney Frye Bason ('57)**, Aug. 29, 2023, Raleigh. She was a high school teacher for 35 years.

**Ann Nichols Christian Davis ('57)**, Aug. 15, 2023, Lancaster, SC. She was preceded in death by her husband, **Wade Leon Davis (JD '67)**.

**Larry Allen Pearce ('57, MD '61)**, Aug. 27, 2023, Winston-Salem. He served in the U.S. Public Health Service Commissioned Corps. He was a neurologist at North Carolina Baptist Hospital and at his own practice, Dayspring Medical Center in Mocksville, NC. Survivors include sons **Allen Pearce Jr. ('86)** and **Michael Pearce (MBA '90)** and daughter **Cathy Pearce Parrish ('88)**.

**Lindsay Stewart Wall Jr. ('57)**, Oct. 27, 2023, Winston-Salem. He played baseball at Wake Forest and was a member of Kappa Alpha fraternity. He served in the U.S. Army and U.S. Army Reserve. He was plant manager and vice president at Wall Manufacturing Co.

**James Douglas "J.D." Chambers ('58)**, June 23, 2022, Raleigh. He served in the U.S. Navy during the Korean War.



**James Norman Stephens ('58, JD '60)**, Oct. 12, 2023, Jonesboro, GA. He served in the U.S. Army in the Judge Advocate General's Corps. He was a lawyer with the Department of Health and Human Services in Georgia.

**Frank Vernon Clark ('59)**, April 25, 2022, Siler City, NC. He was an industrial engineer.

**James Lloyd Fish ('59)**, Nov. 28, 2022, Willow Spring, NC. He served in the U.S. Army and was an educator.

**Howard Harris Hickman Jr. ('59)**, Aug. 18, 2023, Melbourne Beach, FL. He was a math teacher, principal and director of personnel for Brevard Public Schools (FL).

**Buddy Bowers ('60)**, Oct. 19, 2023, Eden, NC. He played football at Wake Forest and was a teacher and coach for almost 30 years.

**Shirley Ann Bridges ('60)**, Oct. 17, 2023, Shelby, NC.

**Patricia Gay Harrell Britton ('60)**, Sept. 23, 2023, Wilmington, NC. She was a majorette at Wake Forest and appeared on "The Ed Sullivan Show." She was a teacher and remodeled and redecorated houses. Survivors include sister **Sharon Harrell Flenner ('66)**.

**James "Corky" Robert Carmichael ('60)**, Oct. 2, 2023, Winston-Salem. He worked for Wachovia Bank for 34 years.

**Ben L. Creed ('60)**, Aug. 29, 2023, Chapin, SC. He was a publishing company representative.

**Michael Mead ('60)**, Sept. 26, 2023, Dallas. He founded and was CEO of a software development company, Michael Mead and Associates.

**Charles "Brantley" Aycock Jr. ('61)**, Sept. 26, 2023, Charlotte. He was a member of Delta Sigma Phi fraternity at Wake Forest. He was an optometrist for more than 50 years and practiced with his son, David, at Aycock Eye Associates. The Monroe (NC) Kiwanis Club established the Dr. Brantley Aycock Award in honor of his more than 40 years of perfect attendance. Survivors include sons **Charles Brantley "Brant" Aycock ('89)** and J. David Aycock.

**Claudia Arrowood Edmiston ('61)**, March 14, 2022, Charlotte. She was a retired Latin teacher.

**James Venable Joyce ('62)**, Oct. 13, 2023, Winston-Salem. He worked in the radiology department at Wake Forest Baptist Hospital for 44 years.

**Charles Edwin Reiley ('62)**, Oct. 22, 2023, Black Mountain, NC. He played quarterback on the Wake

Forest football team and served in the U.S. Army. He worked for BellSouth for 38 years and retired as city executive in Asheville, NC. He was a former member of the Wake Forest Alumni Council.

**Kenneth Mitchell Hughes ('63)**, April 18, 2023, Mesa, AZ.

**Tommy Neal Brawley ('65)**, Oct. 2, 2023, Greensboro, NC. He played football at Wake Forest. He was a high school teacher and football coach and worked in sales in the printing and engraving industries. Survivors include son **Scott Thomas Brawley ('96)**.

**John Albert Crosby Jr. ('65)**, Aug. 9, 2022, Bowling Green, KY. He was a retired history teacher and vice president of human resources at Camden Clark Medical Center in Parkersburg, WV.

**Julia "Judy" Anne Tinley Lenz ('65)**, Sept. 17, 2023, Baltimore. She volunteered with her church and was a member of the Wake Forest Legacy Society. Survivors include her husband, **Bruce Lenz ('65)**.

**Kenneth "Ken" Alden Smith ('65, JD '68)**, Oct. 24, 2023, Pilot Mountain, NC. He was a lawyer for 55 years and former mayor of Pilot Mountain. Survivors include his partner, **Michael E. Thompson ('73)**.

# Against all odds, the Wake Forest Legacy Society is growing.

When it comes to the legacies we leave, making the choice today to create the opportunities of tomorrow speaks volumes about who we are. What you leave behind can pave the way forward for countless others and keep the spirit of *Pro Humanitate* alive forever.  
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When it comes to gift planning, you have options. We'd love a chance to discuss them with you.

**Shaída Horner, Associate Vice President, Gift Planning, at [hornersj@wfu.edu](mailto:hornersj@wfu.edu) or 336-758-4696**  
Please visit [wfugift.org](http://wfugift.org) to learn more about including Wake Forest University in your estate plan and lifetime membership in the Wake Forest Legacy Society.



**John Baily "Mike" Moore ('66)**, Aug. 31, 2023, St. Augustine, FL. He was a professor at Texas A&M University and a drug research scientist at Johnson & Johnson.

**Wiley Herbert "Herb" Morrison III ('66)**, Feb. 24, 2023, Athens, GA.

**Robert Earl Taylor Jr. ('66)**, Sept. 24, 2023, Charlotte. At Wake Forest, he was president of Kappa Sigma fraternity and class president his freshman and senior years. He served in the U.S. Army and commanded the 113th Field Artillery Brigade. He worked at LPL Financial for 25 years.

**Judith "Judy" Shotwell Vick ('66)**, Oct. 7, 2023, Greenville, SC. She established the Nathan R. and Margaret P. Shotwell Scholarship in History at Wake Forest, in memory of her parents. She was a member of the Wake Forest Legacy Society.

**Sherry Allen Falls ('67)**, Aug. 4, 2023, Glen Alpine, NC. She was a nurse. Survivors include her husband, **Jackson "Jack" Lattimore Falls Jr. ('67)**.

**Gary Pressley ('67)**, Aug. 16, 2023, Asheville, NC. He served in the U.S. Army in Korea and was head librarian for 25 years in Graham County (NC).

**William Edward "Bill" Eutsler Jr. ('68)**, Aug. 24, 2023, Florham Park, NJ. He retired as a hu-

man resources manager at Burlington Industries merchandising headquarters in New York.

**Wayne Foushee (JD '68)**, Sept. 5, 2022, Winston-Salem. He served in the U.S. Marine Corps during the Vietnam War. He practiced law for four decades at McLean Trucking Co. and in private practice.

**Carolyn Halstead Holmes ('68)**, Aug. 18, 2023, Anderson, SC. She was a medical technologist and lab manager.

**James Hilton Knight ('68)**, Sept. 13, 2023, Elkin, NC. He served in the Vietnam War and was inducted into the Wake Forest ROTC Hall of Fame. He was a basketball and football official for more than 40 years, including in the ACC and NFL. Survivors include brother **Mike Knight ('70)**.

**Otto "Buddy" Hamrick III ('70)**, Sept. 10, 2023, Shelby, NC. He was assistant manager of his family business, Shelby Paint & Glass.

**Albert "Jackson" Strickling ('70)**, Aug. 24, 2022, Winston-Salem. He retired from International Business Consulting.

**Gary Worth Williard ('70, JD '73)**, May 18, 2023, King, NC.

**Bruce Alexander Dickson ('73)**, July 16, 2023, Dundee, OR. He was a physician for 43 years. Survivors include his wife, **Kathleen Horgan (MAEd '74)**.

**Sudhir Manik Lotlikar (MBA '73)**, Oct. 12, 2023, Olney, MD. He worked for Pulsar, Lionel, Fisher-Price, LeapFrog, Mattel and SDI Technology.

**Michael Jay Hiester ('74)**, Sept. 9, 2023, Charleston, SC. He was owner and creator of Blue Heron Glass. Survivors include his wife, **Jan Zachowski Hiester ('73)**, and daughters **Julie Hiester Foster ('00)** and **Rebecca Hiester ('06)**.

**Joseph Hamilton Wilkinson (MBA '74)**, Oct. 1, 2023, Evanston, IL. He served in the U.S. Air Force as a chief combat intelligence officer. He was co-founder of Skalinder Wilkinson Associates in Chicago. He founded the Bill Traylor Foundation to support inner city schools in honor of acclaimed self-taught artist Bill Traylor, who was born into slavery and whose art Wilkinson collected.

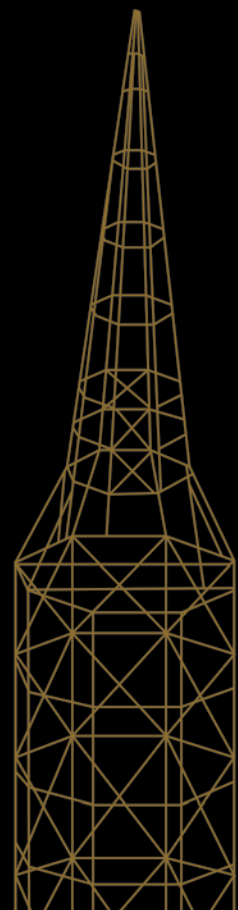
**Robert James Flanagan Sr. (MBA '75)**, Oct. 16, 2023, Greensboro, NC. He worked in finance at AT&T, Western Electric and Lucent Technologies.

**Sanders "Sandy" Mayfield Bolling (MBA '76)**, Oct. 24, 2023, Winston-Salem. He was a mechanical and design engineer at Bosch in Texas and Champion Industries in Winston-Salem. He and

# FRAMING OUR FUTURE

Tradition once again meets innovation as Wake Forest charts a course for the future, ensuring that our graduates will honor and advance the mission of *Pro Humanitate* both at home and in the world.

To learn more about the strategic framework, shared vision and thematic goals, or to monitor our progress, we invite you to visit [framework.wfu.edu](https://framework.wfu.edu)





his wife, who survives him, established the Sanders and Josephine Bolling Scholarship at Wake Forest. He was a member of the Wake Forest Legacy Society.

**Randal "Randy" Wayne Koder (JD '76)**, Aug. 20, 2023, Kernersville, NC. He was a certified public accountant.

**Max Gomez (PhD '78)**, Sept. 2, 2023, New York. He was a medical and science journalist for 40 years on TV stations in New York and Philadelphia. Known as "Dr. Max," he earned a Ph.D. in neuroscience from Wake Forest School of Medicine. He won nine local Emmy Awards and three New York State Broadcasters Association awards. Survivors include daughter **Katie Gomez ('09, MSM '10)**.

**Joseph T. McCully ('79)**, Oct. 4, 2023, Voorhees, NJ. He played football at Wake Forest and operated a concrete company.

**Barry L. Krueger ('82)**, Sept. 13, 2023, Colorado Springs, CO. He was in the Concert Choir at Wake Forest. He worked in software development for IBM and RT Logic.

**Patricia Wooldridge Toole (MA '82)**, Oct. 29, 2023, Winston-Salem. She directed plays and taught voice and speech as an adjunct professor at Wake Forest. She was director of education at the Little Theatre of Winston-Salem. Survivors include sons **William Toole (JD/MBA '89)** and **James Toole ('87)**.

**Robert "Rob" Dixon ('83)**, Oct. 2, 2023, Dillsburg, PA. He retired as a food broker.

**David Nixon (JD '84)**, Oct. 1, 2023, Bent Mountain, VA. He was a lawyer in Roanoke, VA, and former chair of the Roanoke City Fair Housing Board.

**Angela "Angie" Lynn DeMent ('85, JD '88)**, Sept. 4, 2023, Knightdale, NC. She practiced law alongside her father and brother in Raleigh. She was preceded in death by her husband, **John William Ormand III ('84)**, and her father, **Russell W. DeMent Jr. ('62, JD '65)**. Survivors include son **John William Ormand IV ('19)**, daughter **Rachel Ormand Laughery (JD '22)**, brother **Russell "Rusty" W. DeMent III ('94, JD '97)**, sister **Caren "Winnie" DeMent ('87)**, brother-in-law **Joe Walsh ('88)** and sister-in-law **Lisa Ormand Taylor ('86)**.

**Jeffrey Andrew Norman ('85)**, Aug. 4, 2023, Weston, FL. He played on the Wake Forest baseball team and was a lawyer in South Florida.

**Ronald Jay Short Sr. (JD '85)**, Aug. 4, 2023, Winston-Salem. He was a lawyer in Winston-Salem for 35 years and received a lifetime achievement award from the Forsyth County Criminal Defense Trial Lawyers Association. He competed in Scottish Highland Games for 32 years and was a world record holder in the caber toss. Survivors include son **Jay Short Jr. ('95)**.

**Thomas Gerard Gettinger ('86)**, Oct. 24, 2023, Raleigh. He was captain of the men's soccer team at Wake Forest. He was retired chief operating

officer at Mary Washington Healthcare in Fredericksburg, VA, and former president of Moses H. Cone Memorial Hospital in Greensboro, NC.

**Everett Douglas Flynn ('87)**, Oct. 12, 2023, Anchorage, AK. He served in the U.S. Army. He was an executive administrative assistant and an IT specialist at the University of Minnesota before moving back home to Anchorage.

**R. Eric Lilly ('87)**, Oct. 19, 2023, Traverse City, MI. He was a cardiothoracic surgeon.

**Steven Lance Perricone ('91)**, Oct. 10, 2023, New York. He was a member of Delta Kappa Epsilon fraternity at Wake Forest and a student member of the board of trustees. He founded and managed Pilot Mountain Ventures, an early-stage venture capital firm. He served on the Wake Forest Center for Entrepreneurship Advisory Council and was a former member of the Alumni Council and the Deacon Club Board of Directors. As a child, he lived at Casa Artom in Venice with his family when his father, sociology professor Phil Perricone, was resident professor in the fall of 1974. He helped initiate the Perricone Casa Artom Fund, Class of 1974, in honor of his father.

**Tanya Justina Augustson Camarra ('95)**, Oct. 28, 2023, Columbia, MD. She was director of public relations for the National Cattlemen's Beef Association.

**Edward Harris Schuth (JD '95)**, Oct. 23, 2023, Charlotte. He started a club ice hockey team at Wake Forest and coached hockey teams in Winston-Salem and Greensboro, NC, while he was in school. He was a lawyer and youth baseball coach in Charlotte.

**Claudetta Anitra Wall ('96, MAEd '01)**, Aug. 3, 2023, Winston-Salem. She was a cheerleader and a member of the University Gospel Choir at Wake Forest. She was a licensed counselor.

**Donald Keith Fisher (MBA '98)**, Nov. 8, 2023, Durham, NC. He was a consultant with Pragma Corp., an international development consulting firm, in Tunisia.

**Michael Cooper Daugherty ('00)**, Sept. 23, 2023, Winston-Salem. He was a professional chef.

**Katy Elizabeth Aultman (JD '10)**, Oct. 24, 2023, Annapolis, MD. She was a former lawyer at Worth Jarrell LLC in Atlanta.

**Brandon Rasberry (MSM '11)**, June 17, 2023, Durham, NC. He was a clinical research manager at Thermo Fisher Scientific.

**Omar Malik Benjamin ('20)**, Aug. 10, 2023, Cary, NC. As an undergraduate, he was a student staff member in the LGBTQ+ Center at Wake Forest. He was one of the inaugural recipients of the LGBTQ+ Center Scholarship.

**Jonathan Michael Eugen Strauch ('20)**, Jan. 1, 2023, Boca Raton, FL. He was an avid birder and world traveler who visited 66 countries and spoke

German, Spanish and French. At Wake Forest, he majored in economics and minored in journalism, entrepreneurship and environmental studies. He studied abroad in Peru and Chile.

**Zoe Clay ('22)**, Oct. 8, 2023, Winston-Salem. She ran cross country and track at Wake Forest and was an avid cyclist.

## Friends, Faculty, Staff, Students

**Robert Moore Allen**, Sept. 18, 2023, Winston-Salem. He was director of communications at Wake Forest and editor of Wake Forest Magazine in the late 1960s. He helped found Excalibur Direct Marketing and later Allen Marketing, Advertising and Communications.

**Ann Brenner**, Oct. 21, 2023, Winston-Salem. She served on the Wake Forest Board of Trustees and the Wake Forest Baptist Medical Center Board of Visitors. She, her husband, **Herbert "Sonny" Brenner (LHD '94)**, and their family established Brenner Children's Hospital at Wake Forest Baptist in 1986.

**James "Jim" Delano Campbell Sr.**, Sept. 23, 2023, Winston-Salem. He was a retired service technician at Wake Forest.

**Linda Combs**, Oct. 19, 2023, Winston-Salem. She was state controller for North Carolina, chief financial officer for the U.S. Environmental Protection Agency and controller of the U.S. Office of Management and Budget. She was a member of the Babcock School of Business Board of Visitors. She and her husband, **Dave Combs (MBA '78)**, founded the Combs Celebrate Freedom Scholarship at Wake Forest for graduate students in the business school who are veterans or children or spouses of veterans or those currently serving. She was a member of the Wake Forest Legacy Society.

**Michael E. Hamilton**, Nov. 9, 2023, Denver. He was assistant director of the Deacon Club in the late 1980s and early '90s, athletics director at the University of Tennessee and executive vice president of the University Partnership Group at Learfield. He also led nonprofits that provide clean water and HIV care in Africa and support adoption.

**Wayne Thomas Jarvis**, Nov. 8, 2023, Lexington, NC. He worked in the facilities department at Wake Forest. Survivors include son **David Jarvis ('88)**.

**Gene T. Lucas**, Oct. 14, 2023, Winston-Salem. He was vice president of business and finance at Wake Forest from 1969 to 1977. He also taught in the math department before retiring in 1994. He was a member of the Wake Forest Legacy Society.

**Lacy "Ray" Watson**, Aug. 31, 2023, Rural Hall, NC. He was a maintenance technician at Graylyn Estate & Conference Center for 30 years and was named employee of the year in 2009.



# Brick-by-colorful-brick lessons for life and work

By Colin Gillespie (MBA '00)

**M**Y CHOICE TO ATTEND the Wake Forest School of Business was based on a “how to.” The context? I was a banker (five years developing my commercial foundation) who became a bicycle retail operator (three years following my passion) and who was determined to land an impactful sales or marketing role at a bicycle manufacturer (read — Trek, Cannondale, etc.). I felt then that a comprehensive MBA program was a “how to” achieve this goal.

After I arrived at Wake Forest in 1998, I realized that the lessons to be learned would go far beyond my achieving the next step in a passion industry (bicycles!). The program was overtly global in scope, allowing me to study abroad in Japan at a critical juncture in its economy. Professors were open to student-led innovation, enabling my founding what is now called the Wake Forest Schools of Business Elevator Competition, in which students pitch business ideas in a short format that could happen during an elevator ride. Experiences were hands-on and relevant, including an internship and case-study creation with a North Carolina-based bicycle innovator — the whole experience sponsored by the Kauffman Center for Entrepreneurial Leadership, part of the nonprofit Kauffman Foundation.

**From my Wake Forest MBA program: “how to” No. 1 — Approach each milestone life experience with a goal (land a job with a bicycle company through attaining an MBA), but stay curious, and the goal becomes secondary to the experience itself.**

I am pleased to say that my MBA enabled a profound career experience in 17 years with the LEGO Group. It gave me the opportunity to launch disruptive new products; move to London to manage multi-country commercial teams;

lead the global management of the company’s largest retail customer; own the global P&L for LEGO direct-sales e-commerce; move to Munich to establish a European-Union-focused direct-to-consumer organization; write marketing strategies for countries as culturally different as South Korea and Brazil; and steer a cross-country move of LEGO Education. Phew!

**From my LEGO tenure: “how to” No. 2 — Remain humble and open to opportunity at the company you’re working for. Avoid the wanderlust (time to leave!) that can occur in years three through five at an organization, and you may just find that the real adventures and growth can take place where you already are.**

My LEGO experience opened my mind: A career might not be linear, but there are threads that tie a thoughtful job progression together. I am passionate about working for mission-based organizations; my heart is in education-based products and services; and my broad experience classifies me as a consummate general management executive. Eventually, I joined Boston-based New Profit as its first executive in residence. The venture philanthropy firm has expanded impactful organizations such as Teach for America.

**From my New Profit nonprofit experience: “how to” No. 3 — Give back. I mean really give back. Do something where the whole purpose for your activity is creating value for the world.**

For the past four years, I’ve been fortunate to run an international executive search firm, The Renaissance Network, which recruits great leaders and employees for nonprofits and for-profit



businesses in the education sector. I am blessed to help my clients build out their organizations with a positive impact on students and the greater community.

**From my current role at The Renaissance Network: “how to” No. 4 — Be a life-long learner.**

I interview talented and inspirational candidates every week, assessing their cognitive and behavioral traits. Those curious about the results and aware of their development opportunities tend to be more successful securing new positions.

I am thankful that staying curious, growing my entrepreneurial skills within companies, giving back and always learning are foundational traits that I developed with my fellow MBA students over 20 years ago in Winston-Salem.

—  
*Colin Gillespie (MBA '00) has guided international businesses for the LEGO Group and social entrepreneurs for New Profit, a venture philanthropy fund. He is chief commercial officer of The Renaissance Network. A community advocate and avid cyclist, he lives in West Hartford, Connecticut, with his wife, Ginger Roberts Gillespie ('90).*





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# Global Deacs

Wake Forest ranked third in the percentage of students studying abroad among doctoral U.S. colleges and universities, according to the latest report by the Institute of International Education. In the 2021-22 academic year, including summer 2022, 72% of undergraduates earned course credit overseas. Wake Forest has consistently ranked highly on the annual list.

The data “reflect the University’s unwavering commitment to global education and the importance of these experiences as an integral part of our students’ learning,” said David Taylor, assistant dean of Global Study Away Programs.

Wake Forest is one of only a few national universities that own academic-residential houses in other countries: Worrell House in London, Casa Artom in Venice and Flow House in Vienna.

*More about alumni memories of the houses at [bit.ly/2OVr6tS](https://bit.ly/2OVr6tS) and the report at [bit.ly/3utar76](https://bit.ly/3utar76)*

Illustration of (from top) London, Venice and Vienna by Elizabeth Traynor

