

2023

# ECHOES



**ETHAN MOU '17**

*see page 6*

SummitSchool

## MESSAGE FROM THE HEAD OF SCHOOL

Lifelong learning requires and inspires courage—that quality in which the mind, the heart, the hand, and the spirit converge, equipping us to make a meaningful difference in the lives of others.

In this issue of *Echoes*, you will read about Summit alums who seize the opportunity and embrace the responsibility to pursue learning that lasts a lifetime as they contribute to the world around them in unique, high-impact, and enduring ways:

“The initial thesis behind changing careers was to align my work with my personal beliefs. I wondered if there was a way to make these food products we love in an ethical, sustainable way.”

- **Blake Byrne '10** on his move from biotech consulting to entrepreneurship in the meat alternatives industry

“Our season was fun and productive. We had a true sense of family and togetherness. It was wonderful to watch the girls improve as individual tennis players and as a team.”

- **Elizabeth Pollard Welch '93** on collaboratively coaching Summit's varsity girls' tennis team

“We went 60 miles uphill. I was exhausted. A buddy of mine who was at the front of the pack came back to ride with me. Later in the trip—when I'd gotten stronger and became the person at the front—that same buddy was having a hard day. I did what he'd done for me and went back to join him...To me, leadership means being there for everyone.”

- **Ethan Mou '17** on his philanthropic 12,000 mile cycling ride across the United States

“My purpose is to bring joy and to be a light... I wanted to be able to use my own story for others to be heard.”

- **Mary Virginia Ireland '08** on living with a rare medical disorder

“Being in the community, helping change someone's life, one bike at a time—there's nothing else like it and it's the best feeling in the world.”

- **Caroline Kunkle '21** on contributing to Twin City Bike Collective (TCBC)

“Right now, I'm all about community building. I want to be a presence in Durham and build something I can take elsewhere. I'm already bringing everything I learned from being out of the country for 14 years back home.”

- **Joe Troop '98** on his work as a successful bluegrass musician

“I coach to help guide young women into knowing who they are on and off the field, to set an example of kindness not as an action but as a lifestyle, knowing how important it is to have balance as a part of a team.”

- **Meredith Bynum '98** on coaching at Summit

“Summit encouraged me to be curious and seek out new experiences confidently, inspiring me to take advantage of every opportunity that came my way. So much of what I learned during my early years at Summit made me who I am today.”

- **Sarina Horner '19** on being awarded the Morehead-Cain Scholarship

At Summit we recognize that we are part of something larger than ourselves. We celebrate the fact that the deep roots of our alums in the Summit experience extend their reach into the wider world, positioning them to create the future...now.

Onward and Upward,



**Michael Ebeling**  
Head of School



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*Summit School admits  
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*If your Summit alum  
has moved, please  
update us with their  
new address at  
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# ALIGNING WORK WITH MORALS | *A young alum sets out to change the meat alternatives industry*

**Blake Byrne '10** is trying to create a meat substitute that even omnivores will crave. It's a tall order, but Byrne, 28, may be able to pull it off.

It all started a few months before he moved to the San Francisco area after earning a bachelor's degree in health policy and management from UNC-Chapel Hill when he read a short story by David Foster Wallace called "Consider the Lobster."

He explained: "A magazine sent Wallace on assignment to the Maine Lobster Festival to write a travel piece. But in the middle of the piece, he stops and poses the question to the reader: Is it morally justifiable 'to boil a sentient creature alive for our gustatory pleasure?' That statement hit me like a ton of bricks."

He left his job in biotech consulting—which hadn't been feeding his soul, anyway—and went to work for the Good Food Institute (GFI), a think tank working in the meat alternatives industry which was then emerging in the Bay Area.

"The initial thesis behind changing careers was to align my work with my personal beliefs," Byrne said. "I wondered if there was a way to make these food products we love in an ethical, sustainable way. I love lobster; there's no question. But can we make the things, like lobster—that we adore and are delicious—differently?"

Not surprisingly, Byrne was by this time vegan—but not the kind you avoid because they can't stop pontificating.

"I think everyone who goes down that route of veganism or vegetarianism is, typically, at first very sanctimonious and kind of difficult to be

around," he said. "That was me 100%. My family rolled their eyes, but they supported my decision at the same time. Over the past few years, it's been a question of: Do you really want to be that person? And the answer is no. I've changed my tack. I'm not interested in trying to change people's minds. It's like someone telling me not to fly for environmental reasons. That's a nice idea, but I need to fly. I can't take a horse and buggy."

Clearly, his sanctimonious days are behind him. He's good-humored about the path he's chosen. "I have one or two friends who are vegan or vegetarian," he said, "I certainly don't intentionally sheath myself amongst the crazy plant people."

He's a realist about the current state of the meat alternatives industry. "Those products aren't very good, frankly, but they're a step in the right direction," he said. At GFI, Byrne and his colleagues were advancing the research into making actual meat from the same muscle and fat cells, but without the animal.

"You're basically dividing the cells," he explained. "I was interested in trying to understand the fundamental technology and if we can produce this stuff at a cost that's not going to be exorbitant for the consumer."

Byrne worked to convince the venture capital community in Silicon Valley to invest some of the money going to companies like Facebook and Google into the meat alternatives industry. After doing that for a couple of years, he moved to the United Kingdom for graduate school.

Last summer, he earned a master's in the chemical engineering department at Cambridge. "It was basically a biotechnology program, where I spent half my time examining one particular sub-technology of the alternative protein



world,” he said. “I was looking at fermentation—the same approach we use to brew beer. But instead of telling the yeast to make alcohol, we program them to make animal proteins like dairy, which is identical to the dairy that comes from cows.”

Now, he’s a London-based entrepreneur living in the Battersea area, just south of the Thames. Building off his research at Cambridge and working with his company co-founder based in Salzburg, Austria, he’s set out to develop and sell new manufacturing technologies to alternative protein companies. His business partner, a post-doc at a university, is conducting science experiments through his lab. Byrne said it could take six months to two years before they’re ready to “commercialize their findings.”

And when that happens, it may be time for Byrne to return home. “I have pretty strong opinions about building the company in the U.S.,” he said. “Economically, it makes sense, but also lifestyle-wise. My parents will be glad to hear that.”

Although it’s been years since Byrne left Summit, the school is still impacting him.

“It’s not something a six-year-old would identify, but looking back, I see Summit as sort of a bohemian place,” he said. “That flowed through the teachers, as well. There was a mindset of you don’t necessarily have to be a doctor or a lawyer—and if you are, that’s great—but it’s not the only way to be.”

He added, “I wasn’t especially artistic, but the heavy focus on the arts is one of the reasons why I’m much more interested now in culture, whether it’s writing or painting or music.” And he’s taking full advantage of living in a city teeming with cultural treasures.

“Venturing out each day,” he said, “it’s not hard to find reasons (yesterday being the Tate Britain) to adore the city.”

# HERE COMES A MOUNTAIN AGAIN

*A cross-country trip raised funds for—  
and awareness of—people with disabilities*



**Ethan Mou '17** biked 12,000 miles from San Francisco to Washington, D.C. last summer. And his inspiration for the fundraising ride is right here in Winston-Salem.

Mou was motivated to ride because of Victor Pauca, a friend from Winston-Salem. Coincidentally, Mou's father, an anesthesiologist who works in the pediatric intensive care unit at Baptist Hospital, had taken care of Vic when he was a toddler.

Vic has Pitt-Hopkins syndrome, a rare genetic condition that affects brain and nervous system development and causes

developmental and intellectual disabilities, seizures, and trouble breathing. Vic is nonverbal.

When Mou, a graduate of R.J. Reynolds High School and a junior at UNC-Chapel Hill, signed on for Pi Kappa Phi's Journey of Hope, he was riding for Vic. Journey of Hope is a project of The Ability Experience, the philanthropic arm of Pi Kappa Phi. Since its 1977 founding, Pi Kapps have raised over \$15 million to benefit organizations that serve people with disabilities.

Mou shared on his fundraising webpage: "This summer, I am dedicating my time to serving others on a cross-country cycling event called Journey of Hope! We will spread our message of empathy and acceptance across the country as we meet with organizations that support people with disabilities."

The cyclists left San Francisco on June 9, 2022. Mou and 16 other cyclists rode through the Rocky Mountains, the Great Plains, the Appalachian Mountains. They rode through city and countryside and through rainstorms.

They slept in churches and on gym floors and—just twice—in hotels. Meals were courtesy of Journey of Hope sponsors. Breakfast might be a bagel or banana, Mou said. His most memorable meal was an all-you-can-eat pasta night.

In addition to the cyclists, Mou's team—one of two Journey of Hope teams on two different routes—included five crew members. Everyone who's part of the trek is affiliated with Pi Kappa Phi. Two of Mou's teammates were his fraternity brothers at Chapel Hill.

On the grueling ride, the cyclists averaged 80 miles a day. The most they rode in a single day was 135 miles.

Mou sees the cross-country trek as a metaphor for life. “I don’t know if the route is designed this way, but for me, it felt similar to life’s ups and downs,” he said. “You climb the biggest hill you’ve ever climbed, and that’s a struggle. It makes you think about going through hard times, getting beaten up. Then, you reach the peak, and you’re euphoric. Next, you go through the flat plains, and you might start to get complacent. It’s easy, and you’re just passing one cornfield after another—just as in life, you go through periods when you’re coasting.”

“But then, here comes a mountain again. It’s your *second* punch in the face. But you’ve done it once, so you approach it differently this time. You know you can do it.”

One of the most grueling days Mou had was the day the team pedaled up a mountain near Lake Tahoe with an elevation of 11,000 feet.

“We went 60 miles uphill,” Mou said. “I was exhausted. A buddy of mine who was at the front of the pack came back to ride with me. Later in the trip—when I’d gotten stronger and became the person at the front—that same buddy was having a hard day. I did what he’d done for me and went back to join him.”

Mou considers that a lesson in leadership—and that’s something the Pi Kapp organization hopes cyclists take away from the experience. “To me, leadership means being there for everyone,” he said.

Along the way, the cyclists met people with special needs. They had 35 “friendship visits” that allowed them to meet people, play games with them, lead arts and crafts projects, and sing karaoke.

In Salt Lake City, he met Travis, a pre-teen who has neurofibromatosis,

which makes your bones brittle. Travis had broken his left leg six times in two months and ultimately decided to have it amputated. Mou was impressed with Travis’ resilience and positive attitude. “I’ve got no excuse for dreading a 9 a.m. class,” he said.

In Chicago, he met Nico, a man with special needs who took an immediate liking to Mou. “He told me I was his brother and began introducing me to everyone as his brother,” he said. “I don’t know why; it might’ve been because we’re both Asian. He started crying and praying for me as we were leaving and telling me he’d see me tomorrow. It crushed me to leave; it was devastating. I couldn’t believe the impact I had on him—and the impact he had on me.”

Mou surpassed his personal fundraising goal of \$7,500 and brought in \$9,267 for the cause. He set up an Instagram account [[@mouonthego](#)] so donors and friends could track his progress as he made his way back to the East Coast.

He said the August 13th finish at the Capitol lawn was amazing. His parents had come from Winston-Salem to D.C. to welcome him home. “It was euphoric,” he said. “I had no words. I felt like a different person.”

And he discovered that Vic and others with special needs weren’t the only beneficiaries of his trip. He said, “It was a gift to give back.”



# FULL CIRCLE

*Four alums—who played tennis at Summit  
in their day—returned to coach girls' teams*



Generations of friendships have been made on the courts playing tennis for Summit.

Last fall, **Elizabeth Pollard Welch '93**, **Loni Worsley McMillian '96**, and **Ann Brown Crowder Campbell '93**, who played tennis at Summit back in their day, came together to coach the varsity girls' team. Another Summit alum—**Jane Sandridge Oldham '83**—coached the junior varsity (JV) girls.

In a fun twist of fate, the three varsity coaches also had daughters on the tennis team at the same time. What's more, some of the coaches had played for Coach John Worsley—McMillian's father—who was Summit's tennis coach from 1989 to 1996.

"John Worsley has done so much for Winston-Salem tennis," Welch said. "It was a privilege to play for him."

The three varsity coaches divided their responsibilities according to their strengths. "Ann Brown is a very good doubles player, so she focused a lot on doubles tactics and attacking the net," Welch said. "Loni coaches private tennis lessons, and she's very good with drills, groundstrokes, and tennis basics. I was big into footwork."

The varsity girls went undefeated and won the championship.

Welch is proud of the team for its winning season, but the coaches didn't overly emphasize winning.



“We were very much about teamwork, sportsmanship, and building each other up,” Welch said.

“We had a motto for the year. It was the acronym SERVE, and it stood for self-confident, engaged, respectful, versatile, and encouraging to each other.” Versatility came in because the coaches wanted the girls to be able to play singles and doubles.

“We knew we had a great group of girls and knew they had the ability to win the championship,” Welch said. “We had 12 [on the varsity squad], and we would work during every match to play everyone. We’d typically play our top six in singles and then our next six in doubles.”

“We never encouraged competition among our team members,” she added. “We wanted them to work together as a team and support each other. We didn’t encourage challenge matches.”

At Summit, it’s skill level, and not grade, that determines which team—JV or varsity—you’re on. The varsity team was made up of girls who already knew the game well. The JV team had a couple of players who were entirely new to tennis.

So, Oldham worked with the JV girls on basics—grip, strokes, footwork, serving, follow through, keeping score and—perhaps most importantly—sportsmanship and tennis etiquette. “I just wanted them to love the game,” Oldham said. And they did. At the end of the season, they all said they plan to continue playing.

In Oldham, the JV squad had a strong leader. She played No.1 at Summit and also played competitively as a teen at Forsyth Country Day School. She still competes through the U.S. Tennis Association (USTA). As a

teenager, she taught tennis both in Winston-Salem and at a dude ranch in Montana.

Welch and Campbell went on from Summit

to be doubles partners at R.J. Reynolds High School. McMillian played at Reynolds, too and in 2018, she was inducted into the school’s Sports Hall of Fame. Later she played at N.C. State University on a full athletic scholarship.

The coaches loved being back on the courts of Summit. “I think for all four of us, it was an incredible experience,” Welch said. “Our season was fun and productive. We had a true sense of family and togetherness. It was wonderful to watch the girls improve as individual tennis players and as a team.”



*Coach Loni Worsley McMillian '96*



# BEYOND BLUEGRASS: JOE TROOP'S WORLDLY VIEW



*The musician behind Che Apalache offers a unique twist on the traditional genre, one infused with International travels and social messages.*

**Joe Troop '98** is the essence of a worldly musician—he has literally lived around the world. With a style forged from time spent in Spain, Japan and Argentina, he plays music that sounds like an exotic mixture of these places, all filtered through the bluegrass of his North Carolina roots.

“Right now, I’m all about community building,” he says. “I want to be a presence in Durham and build something I can take elsewhere. I’m already bringing everything I learned from being out of the country for 14 years back home.”

Troop, 39, grew up in Winston-Salem and fell in love with bluegrass music as a teenager at summer camp. Around the same time, he realized he was gay, and

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Written by David Menconi

Photography by Bryan Regan

he is still one of the few openly gay musicians in bluegrass. Enrolling at the University of North Carolina at Chapel Hill took him overseas for the first time in 2002, to Spain on a foreign-exchange program, and he went on to live in Japan for a few years and Argentina for a decade. All the while, he continued honing his skills on banjo and fiddle.

Troop eventually landed in Buenos Aires as a music teacher and formed the “Latin grass” band Che Apalache with some of his best students. The group was a musical and cultural polyglot, making worlds collide in multiple languages and songs that did not shy away from hot-button political issues. “The Wall,” one of the most striking songs on Che

Apalache's Grammy-nominated 2019 album *Rearrange My Heart*, is a broadside against then-President Trump's proposed wall on the southern U.S. border—in the style of a cappella bluegrass gospel. “Lord and if such nonsense should come true/Then we'll have to knock it doooooown” is a line that never fails to draw cheers during live performances.

Most of Troop's work has activist strains, including his 2020 video series *Pickin' for Progress*, an outreach program to register more progressive voters across the American South. He recently performed in *Freedom Riders*, a traveling theatrical show about the integration of bus lines in the South during the Civil Rights era. And Troop's 2021 solo album, *Borrowed Time*, included a song called “The Rise of Dreama Caldwell,” named after an activist working to reform the cash-bail system in North Carolina's Alamance County.

“Joe is an impressive person and an impressive talent,” says banjo legend Béla Fleck, a regular collaborator. “He's passionate, cares deeply about injustice in the world and he's not afraid to take a stand. Combine that with his amazing abilities as a multi-instrumentalist, vocalist and composer, and you've got a powerhouse.”

You could say that Troop plays bluegrass with various accents rather than straight-up. Many of the songs he's written both solo and with Che Apalache include lyrics in Spanish, and the arrangements often sound like they're filtered through a Mariachi band. *Rearrange My Heart* includes a song with lyrics in Japanese called “The Coming of Spring.” “The guys were messing around on their instruments, and I walked in and said it sounded like Japanese music,” says Troop. He wrote a melody, and with some translation help from one of his UNC professors, lyrics to go with it. “It's a portrait of spring in a little mountain village in the middle of Japan,” he says. “We're all really proud of that song.” Troop's current local bands include Joe Troop & Friends and a duo with Larry Bellorín, a Venezuelan folk musician who is also an asylum-seeker in Raleigh.



“He's a living legend and an incredible singer,” Troop says of Bellorín. “And right now, he's working a construction job, which I think is a crime against humanity. But his dream is to make a living playing music in the States, which I hope to help him do.”

After playing a series of weekly residency performances at The Fruit in Durham this April, Troop plans to spend the rest of 2022 touring, teaching at music camps and recording. Hot Rize mandolinist Tim O'Brien, another bluegrass heavy hitter who played on Troop's *Borrowed Time* album, says Troop has “buckets of talent and enough energy to power a small city.”

“The world is fortunate that he trains his force on social justice,” O'Brien says. “He cut through the fog in a convincing way with Che Apalache and his solo recordings. His musicianship is world class and his influences very diverse, but he really sneaks up on listeners to deliver important messages, too.”

The pandemic hit at a particularly unfortunate time for Troop, just as Che Apalache was building momentum with a Grammy nomination for *Rearrange My Heart*. The shutdown canceled a year's worth of scheduled touring, and Troop hunkered down in North Carolina while Che Apalache's other three members returned to Argentina and Mexico. They've been unable to reconvene, although Troop remains hopeful.

“The future of Che Apalache is a mystery,” Troop says. “I'm trying to figure out a way to revive it. The pandemic was like the house burning down, and 2020 was ashes. Then, 2021 was foundation work, trying to rebuild it. I'll keep building in 2022. I hope to have a chimney up by December.”

# INNOVATION & ENTREPRENEURSHIP

## FOLLOW THE JOURNEY OF TWIN CITY BIKE COLLECTIVE

by Sarah Dalrymple,  
Director of Alumni and Community Engagement

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**Twin City Bike Collective** (TCBC) is a non-profit organization created to give a bicycle to everyone who needs or wants one—whether the bike will be used to access the grocery store, as transportation to work, for exercise, or just to have the pleasure of riding.

Twin City Bike Collective began as a service learning project during the 2017-2018 school year at Summit. Five ninth grade students and faculty member **Chris Culp '82** made announcements at Upper School assemblies and used email and social media to solicit broken and unwanted bikes. A bike repair workspace was created and students repaired them after school and on Saturday mornings. The repaired bikes were then donated to a local service organization, Salem Bike Ministry, led by Phillip Summers who has donated bikes in Southeast Winston-Salem to people of all ages who can not afford to purchase one.

The original goal of TCBC was to give Summers 25 bikes, which led to 50, and then 75 by the end of the first year.

During the 2018-2019 school year, five Ninth Graders continued the service learning project and donated additional bikes to Salem Bike Ministry and other charities including Brenner Fit, World Relief, Operation North State, and The Children's Home. The bike repair area increased in size to handle the demand.

As the project grew, the group explored the idea of creating a nonprofit organization. During the 2019-2020 school year, **Noah**

**Tyo '20** enrolled in Summit's first Innovation and Entrepreneurship class and focused on creating the nonprofit.

On February 25, 2023, Twin City Bike Collective donated its 1,000th bicycle! And...the receiving organization was Salem Bike Ministry, in care of Phillip Summers.

Said Tyo, "when TCBC was established, I saw the potential for it to turn into something big. The feeling of helping at events and seeing how it affects people is special. Most volunteers, once they attend the community distribution days and see the impact, want to come back and continue to help the community. While I may have helped start TCBC, the credit for this major milestone goes to **Chris Culp '82**, Jeff Turner, Paul Dresel, and the current student leaders who stepped up to take my place."

**Caroline Kunkle '21** and **Luke Sidden '21** continue to be involved in the organization and provide leadership for **Ford Shively '24**, current student leader, and all other student volunteers.

About the leadership roles Culp said, "from our experience working with Noah, it was clear that students have a natural instinct to lead and TCBC is a great opportunity for them to gain experience. We currently have two high-school-age alums who are involved in the leadership planning of Saturday build days, Fix-it Fridays, and community distribution days. Not only do they provide institutional knowledge about the organization but they serve as role models for the current students."

He added, "it is a pleasure to have alums on our campus *any day* but to engage with them after hours and on the weekend and watch them serve the community in such a meaningful way makes me feel very rewarded."

# iDEA SHOP

**Caroline Kunkle '21** commented, “distribution days are an experience like nothing else. I love being able to see how three grease-covered hours I spent on a Saturday morning can help make a difference for families. Being in the community, helping change someone’s life, one bike at a time—there’s nothing else like it and it’s the best feeling in the world.” For more information about TCBC, visit [twincitybikecollective.org](http://twincitybikecollective.org).

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*As curricular and co-curricular programs develop, Summit continues to create and maintain connections with parents, past parents, alums, and the community. If you have a suggestion for Idea Shop or if you are an entrepreneur and willing to share your experience with Summit, please contact:*

- + *Jeff Turner, Director of Co-Curricular Programs, [jturner@summitmail.org](mailto:jturner@summitmail.org)*
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Summit’s Idea Shop provides opportunities for students, teachers, parents, and alums to explore and implement innovative ideas to:

- + Find their place in the world
- + Contribute to their community
- + Express their voice
- + Make an impact in tangible ways
- + Lead

Idea Shop is an umbrella to gather current and future projects and curriculum related to business, entrepreneurship, and innovation.

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## REUNIONS

### CLASS OF 1971

May 2022



*Celebrating their 50th class reunion with lunch and a campus tour followed by an evening reception at the home of Leesa Lybrook Goodson '71.*

### SENIOR SEND OFF

August 2022



*Celebrating our high school seniors and sending them off to college, military service, and full time employment.*

### FOUNDERS WEEK

September 2022



*Classes of 1982 and 1992 help celebrate the founding of Summit School, established September 26, 1933.*

## CLASSES OF 2011-2016 REUNION



*November 2022, classes of 2011-2016 gather at Incendiary Brewing*

## CLASSES OF 2017-2022 REUNION



*December 2022, classes of 2017-2022 gather at Summit for an interactive reunion*

## CLASS NOTES

### 1956

**M. Kent Miller** writes, “I retired in 1995 after 30 years in management at RJR Packaging. Upon retirement, I bought a small farm and moved out to the country. I continue to enjoy the amateur radio hobby, in which I was licensed in 1956, and regularly talk with friends all over the world.” He adds, “I will always have appreciative and warm feelings for the good start I experienced in education at Summit.”



### 1964

**Vernon Glenn** says, “After 45 years of courtroom law and trying cases, COVID did help convince me to climb down from my high-wire act. It was time. I despised the closed courtrooms and taking depositions by Zoom and also, and more elementally, 45 years was more than enough. So I finished up my remaining case load and changed planes.

Now I write. I have just finished the third volume about the (good boy-bad boy) lawyer, Eddie Terrell, and we hope to bring it out this spring. It's titled, *Slim and None*. I have started a new one and am struggling to get it focused. It'll come, I promise. I'm starting to travel a bit again, enjoy my children and friends, read everything I can get my hands on, go to Chapel Hill a lot, and am honing my hedonism skills.”

### 1972

**Lee Mittelstadt** retired in May 2021 and loves country living in Mebane, NC. Her 97-year-old mom is 10 minutes away and still lives in her own home. She and her son, **Bobby Mittelstadt '03**, spent almost 3 weeks in Alaska last summer and would love to go back.

### 1973

**Elizabeth Gilley** wrote, “please let the class of 1973 know that Beth Gilley is alive and well and doing research in the neurogenetics and epigenetics of addiction, namely Reward Deficiency Syndrome.” Gilley opened the Elle Foundation Research Institute in West Palm Beach, FL.

### 1976

**William Sutton** says, “I recently remarried; I'm enjoying medicine and Wilmington, NC.”

### 1978

**Don Carr** lives and works in Truckee, CA with his wife, Hale, and his son, Austin. In December 2022, a big storm dumped the 6th largest amount of snowfall in a 24 hour period in Truckee's recorded history. His favorite winter wonderland activity is to go cross country skiing in the woods around Lake Tahoe.

### 1990

Congratulations to actor **Cullen Moss** (below) who was inducted into the Mount Tabor High School Spartan Hall of Fame.



### 1991

**James Raper, PhD** has been named Emory University's inaugural Associate Vice President for Health, Well-Being, Access, and Prevention. Raper had most recently been in the administration at Wake Forest University as a mental health professional for 15 years.



## 1998

**Philip Womble** lives in Winston-Salem and works at The Village Tavern Restaurant (Reynolda Village); Womble has worked there for 18 years.

## 1999

**Virginia Russell** shared, “After living in Dallas, TX for 14 years, I have moved back to North Carolina and started a new job with Fidelity as a Director of Strategic Research. After graduate school at Northwestern, I grew my career in the space of consumer insights/market research in Dallas through jobs at Pizza Hut, Keurig, Dr Pepper, and most recently, Southwest Airlines where I led the Consumer Insights Team for the company. At Fidelity, I will be focused on discovering the unmet financial needs that accompany major life milestones in order to help Fidelity retain, attract, and better serve customers. I settled in Raleigh and was thrilled to work with my childhood friend, **Hollan Rudolph Young '99**, as my real estate agent!”

## 2002

**Annie Chambers Myott** launched Mom League in Winston-Salem. Created by moms—for all moms—the mission is to enhance the Mom Experience. The group offers 6-week courses taught by top local postnatal experts ‘on all things motherhood’ for newborns, infants, and toddlers. Mom League is a community that educates, connects, and supports new moms so they can thrive, learn, connect, and share the experience of motherhood. The group offers playgroups, moms’ nights out, and even dads’ nights out. Classmate **Ashley Griffin Levers '02** taught the first newborn class. She is a mother of two, a Certified Perinatal Mental Health Therapist, and a Licensed Marriage and Family Therapist.

## 2003

**Dylan Conrad** announces the birth of Saskia Betty Conrad born November 10, 2022.

## MEREDITH BYNUM '98

After coaching field hockey at Summit for over a decade, **Meredith Bynum** is now a full-time member of Summit’s Physical Education staff. She learned to play the game under legendary Eagles coach Lynne Roosa. Bynum played at Forsyth Country Day School and Ohio Wesleyan University. She served as an assistant coach at Summit before transitioning to varsity coach in 2013.

Known for her encouraging coaching style, she says, “I coach to help guide young women into knowing who they are on and off the field, to set an example of kindness not as an action but as a lifestyle, and knowing how important it is to have balance as a part of a team.”

In February, Bynum traveled to Texas as the Captain of the North Carolina team for the United States Field Hockey League (USFHL) National Qualifying Tournament. Throughout the experience, Bynum was reminded of the power of being on a team and the joy of playing a sport you love. Of the opportunity, Bynum said, “I am honored to have been asked—it will make me a better coach and leader.”



## CLASS NOTES

### 2004

**Benjamin Winikoff** and Holley Winikoff welcomed a daughter, Mary Ella, on August 1, 2022. She joins her sister, Lindley, age 3.

### 2005

**Alice Day Brown Clark** and her husband, Ken, welcomed twins Lucy and Louise on December 12, 2022. They have a two-year-old son, Frank. Clark is the assistant director of Read, Write, Spell in Winston-Salem.

### 2007

**Christina Tyler** works at Arthur Morgan School, a hands-on experiential outdoor education program with a working farm for 7th-9th graders in the Blue Ridge Mountains of NC.



### 2008

**Mary Virginia Ireland** lives in New York City. An article about her titled “Living with CSID: How One Woman is Pushing Her Limits with a Rare Disorder” was recently published on the website *Suffering the Silence*. People

with this condition cannot break down the sugars sucrose and maltose, and other compounds made from simple sugar molecules. Ireland said “My purpose is to bring joy and to be a light. For the people struggling with CSID and emotions around shamefulness and guilt—I wanted to be able to use my own story for others to be heard.”

### 2009

In January, **Carolyn Ebeling** joined the Hussman School of Journalism and Media at UNC-Chapel Hill as an embedded counselor specifically for students’ mental health needs. Ebeling said, “I really want to create an environment where

people feel safe and reduce the stigma around reaching out for mental health support.”

### 2014

**Daniel Gray** has been accepted to the Sport and Exercise Science - MEd program at the University of Minnesota.

**Darron Hayes** was on tour in Australia! The Australian premiere season of *Choir Boy* opened on the Sydney stage in February in association with Sydney WorldPride. The a cappella-infused play is a moving story of sexuality, race, hope, gospel music, and a young gay man finding his voice.

**Aleisha Patton** lives in Atlanta, Georgia. She graduated in December with a master’s degree in graphic design from Furman University and Miami AD School.

In July, **Peter Stratta** started a position as Assignment Editor at ABC45 News. He has the responsibility of being up-to-date on local events and news and helps determine what news gets coverage either through their website or on the evening news. His daily routine consists of combing through many emails, Facebook/ Twitter pages, and other outlets to decide where to send reporters. He has a very hands-on approach with web stories, writing scripts, and on-screen graphics. While an integral part of the ABC45 team, Stratta manages NASCAR coverage on a personal website ([TSJ101Sports.com](http://TSJ101Sports.com)), which is just about a full-time position! He says, “I have been able to maintain a balanced schedule with both journalism endeavors even being able to intertwine them at times.”

**Jimmy Toole** reports that he took a semester off before his spring graduation. He was in Auckland for two months to enjoy the city, use it as a home base to travel, and earn money. After Auckland, he took a month-long “hop on hop off” bus tour around the south island of New Zealand. He said, “I’ve made tons of friends and done some exploring of Waiheke island off the coast. It is a really beautiful island with lots of hiking and vineyards.”



Former University of North Carolina at Chapel Hill postdoctoral researcher, **David Gorelick**, was recently named to the 50th cohort of the American Association for the Advancement of Science (AAAS) Science and Technology Policy Fellows (STPF). The program, started in 1973, places scientists

with a PhD or masters in engineering degree in one of the three branches of the federal government to provide scientific expertise in policy making. The one-year fellowship hires individuals into federal service and provides professional development, networking, and leadership opportunities.

Gorelick was placed with the Office of Canadian Affairs in the U.S. Department of State where he will work primarily on negotiations between the U.S. and Canada on how to manage hydropower in watersheds that span the border.

"It is a fascinating opportunity," he said. "This fellowship is in an area of water that I haven't

spent a lot of time on, but it is immediately valuable not only in an international context, but to all of the people that live on the shared lands, shared waters that the U.S. and Canada are managing. And because it involves hydropower, it has implications for people that live all across the United States and Canada. I am really interested in getting involved in this fellowship and this opportunity in particular because of that opportunity to help support decisions being made that are going to have real life impact."

Gorelick completed his PhD in 2021 and completed a postdoctoral position with the Center on Financial Risk in Environmental Systems, a joint center between the UNC Institute for the Environment and the Department of Environmental Science and Engineering in the Gillings School of Global Public Health. This past year, he served on the board of directors of the Town of Chapel Hill's Orange Water and Sewer Authority (OWASA).

"I have learned a lot about how municipalities have to handle their own water supplies and it was a complete 180-degree perspective change for me as a researcher who is thinking about OWASA and the Triangle utilities from the perspective of sitting behind a computer running computer models and then turning around and being in a decision-maker role. I'm interested to see how both of those experiences translate to what I'll be tasked with now."

## 2015

**Tori Huggins** (center) graduated from Emory University in May and is studying for an MEd in clinical mental health counseling at Columbia University. Huggins also works as the assistant director of basketball operations for the Columbia University women's basketball team.





**2017**

An article about **Andrew Bowman** titled “Humans of UNC-Charlotte: Andrew Bowman brings bluegrass to South Village” appeared in the *NinerTimes*. Bowman is a second-year student at UNC-Charlotte. He is majoring in computer engineering but has played music since childhood, starting with the guitar. “I had a teacher,” Bowman said, “I was learning a more classical style from the time I was in kindergarten until seventh or eighth grade. With banjo, I am fully self-taught.”

Bowman also plays the mandolin and is learning the fiddle. His background may be in classical guitar but his passion lies elsewhere. With help from YouTube and Ultimate Guitar, he learned the banjo on his own and has been playing for over four years.

“I play a lot of bluegrass—a lot of older stuff,” said Bowman. “Currently, my favorite song is ‘Train That Carried My Girl From Town.’” He adds, “I have learned some of the songs that

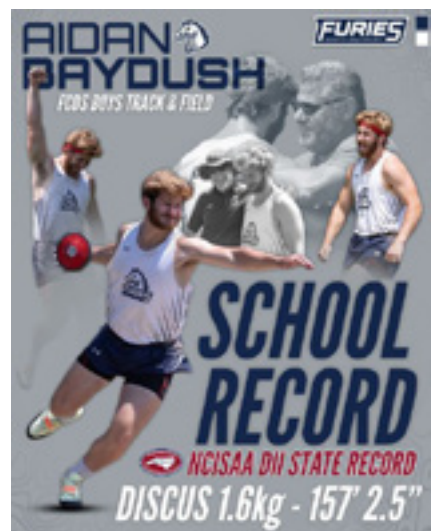
Mr. Stoeri used to play including ‘Freight Train’ and ‘Shady Grove.’” Follow on his Instagram account [[@cltbanjoguy](#)].

**Allie Hiersteiner**, a junior at University of Virginia, is studying finance and computer science. She was accepted into the McIntire School of Commerce.

**Grace Weisner** attends University of Texas Austin majoring in Sports Management with a minor in Sports Media. Weisner has interned with the football team and the women’s basketball team in graphic design. She competes in top level equestrian sports with Paul Cates Stables in Texas, receiving awards across the country.

**2019**

Forsyth Country Day School named **Aidan Baydush** the 2022 Male Athlete of the Year. Baydush ‘smashed’ the school and NCISAA discus record by over 14’, a new record that will stand for years.



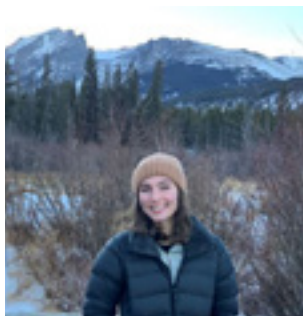
The Athletic Department wrote, “Although Aidan’s storybook career as an FCDS thrower and wrestler must come to an end, he will forever be remembered as a humble leader dedicated to making himself and others better.”

**IN MEMORIAM**

**Alumni/ae** Jim Butler '66  
Sally Brenner Wolfish '70  
Ann Waynick Hill '71  
Albert Butler '73  
Mark Eldridge '76

Dawn Tomlinson '78  
Molly Bass '81  
Daniel McKinny '03  
Nick O'Brien '15

**Former Staff/Faculty** Gene Capps  
Ty Hamrick  
Pat Michal



**Sarina Horner** was awarded a Morehead-Cain Scholarship. Horner is a member of the Inaugural Female Eagle Scout class and last year was recognized in the Top 20 under 20 Most Influential Iranians

in North Carolina. She said, “Summit encouraged me to be curious and seek out new experiences confidently, inspiring me to take advantage of every opportunity that came my way. So much of what I learned during my early years at Summit made me who I am today.”



## 2021

Over the last two years, **Preston Howe '21** (far right) and **Rhodes Baker '22** (2nd from left) have turned their love for golf into a way of giving back. They have helped raise over \$60,000 for PGA HOPE which raises money for veterans.

## 2022

**Eva Skoteiniadis** has been selected by Hugh O'Brian Youth Leadership (HOBY) as a representative for Bishop McGuinness this summer at NC State University. She will attend HOBY's flagship program, the State Leadership Seminar, designed to help high school sophomores recognize their leadership talents and apply them to become effective, ethical leaders in their home, school, and community.

Congratulations to the following high school seniors who have signed to play college sports:

**Owen Pearce '20** (R.J. Reynolds)  
Golf at University of Richmond



**Abby Wyss '20** (Reagan)  
Lacrosse at Bentley College



**Leila Slater '20** (Reagan)  
Softball at Meredith College



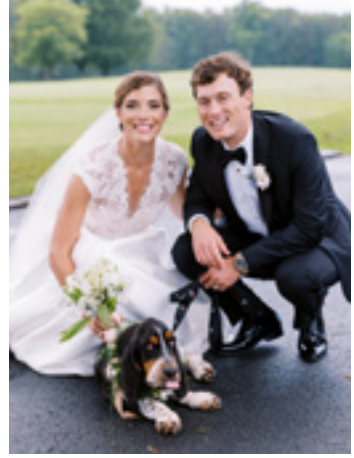
# CELEBRATIONS



*Robbie Lyerly '11*



*Ann Mills Lassister Freund '04*



*Mary Ann Broughton Daniel '12*



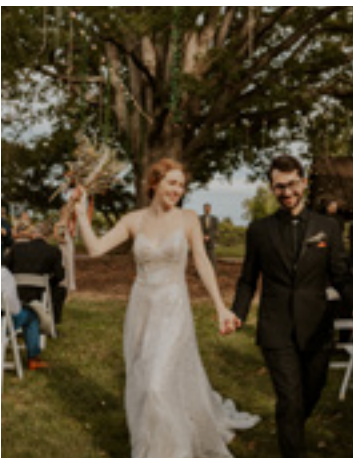
*Ann Bennett Thomas Gilbert '04*



*Kate Hedgpeth Leahy '97*



*Shayna Purcell Burch '08*



*Ricardo Salinas '10*



*Colleen Moir Murray '10*

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*If you have news, updates, and photographs to share, please email [alums@summitmail.org](mailto:alums@summitmail.org).*

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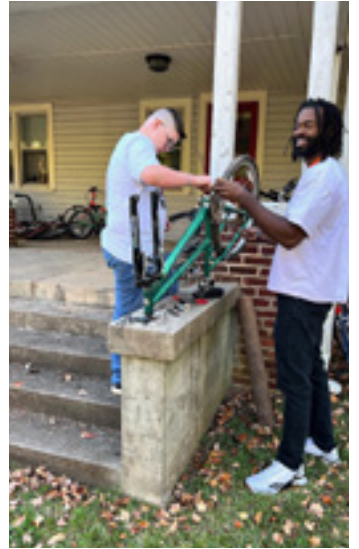
# CONNECTIONS



*Will Parsley '95 celebrates Billy Stoltz's retirement*



*Madeline Wild '20 helps in science lab*



*Noah Granger '10 participates in Fix-it-Friday with TCBC (see article, p. 12)*



*Elizabeth Orr '16 visits Sra. Delores Flores de Valgaz's Spanish class*



*Liam Keilty '18 gives a demonstration in the pottery studio*



*Fletcher Grubbs '19 chats with the Summit golf team*



*Kevin Dunn '17 shows Summit spirit at the fall Back to School Bash*



*Luke Sidden '21 and Jack Pfefferkorn '21 volunteer with TCBC (see article, p. 12)*

## CLASS OF 2019

# WHERE ARE THEY NOW?

<b>Charlotte Albright</b>	University of Tennessee —Knoxville	<b>Iris Leonard</b>	UNC-Chapel Hill
<b>Kate Andrews</b>	Colorado State University	<b>Jacob Majure</b>	UNC-Charlotte
<b>Carson Ballinger</b>	Elon University	<b>Lucas Manning</b>	College of the Holy Cross
<b>Aidan Baydush</b>	Duke University	<b>Matthew Maynard</b>	UNC-Chapel Hill
<b>Ashley Belnap</b>	Guilford College	<b>Ford Morrow</b>	UNC-Chapel Hill
<b>Lia Blackard</b>	UNC-Chapel Hill	<b>Will Morrow</b>	Appalachian State University
<b>Cally Blanco</b>	UNC-Chapel Hill	<b>Ian Mou</b>	UNC-Chapel Hill
<b>Ben Borchelt</b>	UNC-Chapel Hill	<b>Chris Nichols</b>	High Point University
<b>Bradley Bowen</b>	Duke University	<b>James Northington</b>	University of Vermont
<b>Jessica Branch</b>	Surry Community College	<b>Julia Peral</b>	UNC-Asheville
<b>Eleanor Broughton</b>	Hamburg Ballet School —Germany	<b>Sam Piekarski</b>	UNC-Charlotte
<b>Savanna Case</b>	University of Maryland	<b>Riley Platz</b>	Northeastern University
<b>Nicholas Chin</b>	Elon University	<b>William Price</b>	US Air Force Academy
<b>Ellie Collins</b>	Wake Forest University	<b>Auguste Reboussin</b>	Davidson College
<b>Sophie Cronan</b>	University of Georgia	<b>Garrett Reece</b>	Appalachian State University
<b>Wes Daniel</b>	UNC-Chapel Hill	<b>Lily Robins</b>	Furman University
<b>Madeline Frino</b>	University of Southern California	<b>Hayden Russ</b>	UNC-Chapel Hill
<b>Ava Ginn</b>	University of Virginia	<b>Madison Shearer</b>	University of Richmond
<b>Sarah Greco</b>	UNC-Chapel Hill	<b>Isaac Singer</b>	Duke University
<b>Fletcher Grubbs</b>	Appalachian State University	<b>Tim Smith</b>	UNC-Greensboro
<b>Thomas Helm</b>	University of Notre Dame	<b>John Stabolitis</b>	UNC-Chapel Hill
<b>Zeni Helvey</b>	UNC-Chapel Hill	<b>Lauren Stewart</b>	East Carolina University
<b>Christian Hildebrandt</b>	Virginia Polytechnic Institute	<b>Lily Sweeney</b>	UNC-Charlotte
<b>Will Hollan</b>	UNC-Chapel Hill	<b>Tommy Tessien</b>	Wofford College
<b>Sarina Horner</b>	UNC-Chapel Hill	<b>Annie Thomas</b>	Colby College
<b>Thomas Hunter</b>	Furman University	<b>Jack Thomas</b>	Sewanee – The University of the South
<b>Eric Kelly</b>	UNC-Chapel Hill	<b>Patrick Tuohy</b>	Elon University
<b>Lily Kerner</b>	Stanford University	<b>Wade Turner</b>	University of Colorado —Boulder
<b>Shai Kim-Shapiro</b>	University of California —Santa Cruz	<b>Matt Valaoras</b>	University of Georgia
<b>Robert Kluttz</b>	UNC-Chapel Hill	<b>Eli Vest</b>	NC State University
<b>Lauren Kranis</b>	UNC-Chapel Hill	<b>Henry Welch</b>	UNC-Chapel Hill
<b>Shaheim Larson</b>	High Point University	<b>Thomas Wilson</b>	Texan Christian University
		<b>Madeline Winterle</b>	University of Virginia

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*If we have inadvertently omitted your name, please contact Sarah Dalrymple,  
Director of Alumni and Community Engagement, [alums@summitmail.org](mailto:alums@summitmail.org) with updates.*

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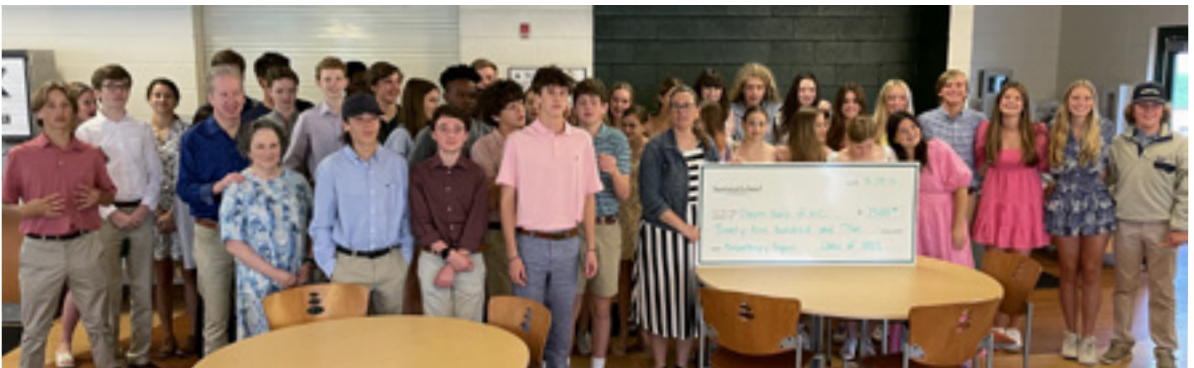
# WELCOME TO 41 NEW ALUMS



CLASS OF 2022



*Class of 2022 with alum parents and grandparents*



*The 9th grade students present a check to the Diaper Bank, a Winston-Salem nonprofit organization. The annual philanthropy project is supported by the Lovett Foundation.*

# ONWARD AND UPWARD WITH THE ALUMNI COUNCIL

In 2014, the Alumni Council was formed to keep alumni in better touch with Summit. **Sandlin Douglas '94** and **Kay D. Burress King '83**, served as chairs of the Council during its first two years. In 2016, they passed the reins to **Matt Spear '86**. Spear said, "when I reflect about Summit both from the indelible memories of the experiences of my three siblings and what I see in Summit's bright present, I think about fun, passion, pride, learning, inclusiveness, ambition, relationships, community, and teamwork."

**Carolyn Sherrill Fuller '85** served as chair from 2018-2020. **Leesa Lybrook Goodson '71** led the Council through 2022 and **Barbour Strickland '67** steers the Council through 2024.

The primary goals of the Council are to get alumni involved and to share with them inspiring moments happening at Summit today. The Council exists to bring alumni together from all over the country to remember the old days and be a part of the new.

Barbour Strickland '67, Chair  
Lynda King Morris '63  
Leesa Lybrook Goodson '71\*  
Ridgely Medlin Phillips '76  
Jimbo Galloway '80  
Kay D. Burress King '83\*  
Carolyn Sherrill Fuller '85\*  
Rachel Neely Johnson '99  
Dixon Douglas '99  
Wilson Douglas '04  
Whitley Vogler Sheffield '04  
Blitz Hoppe Phillips '07  
Ellie Kangur '13

\* Former Chairs

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*To get involved, please reach out to any of the Alumni Council members. Or contact Sarah Dalrymple, Director of Alumni and Community Engagement, at [alums@summitmail.org](mailto:alums@summitmail.org) or 336-722-2777.*

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*Pictured: Barbour Strickland '67, Whitley Vogler Sheffield '04, Kay D. Burress King '83, Ellie Kangur '13, Charlie Lovett '77, guest speaker at the fall meeting, Lynda King Morris '63, and Michael Ebeling*

## By Connecting, You Can:

- ★ Visit our web site, [summitschool.com/alums](http://summitschool.com/alums) and get up-to-date information about Alum Events
- ★ Contribute to The Summit Fund
- ★ View a photo gallery of Alum Events
- ★ Follow Summit on Facebook and Instagram [@summitschoolws](https://www.instagram.com/summitschoolws)

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## We want to hear from you and so do your classmates!

Send information about job updates, weddings, births, high school and college graduations, honors and activities, and new addresses. We also love receiving photos. Please note that we can use only high resolution digital photos in publications.



### EMAIL

[alums@summitmail.org](mailto:alums@summitmail.org)



### SEND MAIL TO

Sarah Dalrymple, Director of Alumni and Community Engagement  
Summit School, 2100 Reynolda Road, Winston-Salem, NC 27106



### SUBMIT ONLINE

Scan the QR code or visit us online at  
[summitschool.com/alums/update-contact-information](http://summitschool.com/alums/update-contact-information)

## Class Notes

Name \_\_\_\_\_ Maiden \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Is this a new address? Yes No Telephone \_\_\_\_\_

Email address \_\_\_\_\_

Summit Class Year \_\_\_\_\_ News \_\_\_\_\_

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# SAVE THE DATE



## 2023 FOUNDERS WEEK SEPT 20-30

★ ★ ★ CORE COMPETENCIES OF SUMMIT SCHOOL ★ ★ ★

