

A circular logo featuring a stylized sailing ship with multiple masts and sails, set against a red background with a compass rose design.

SOUNDINGS

THE CHC COMMUNITY MAGAZINE | SUMMER 2025



FROM THE HEAD OF SCHOOL



Mrs. Julie Scherrer with Mrs. Brooke Hummel and Dr. Chris Garran

I have just completed my 10th year as Cape Henry's Head of School. Hitting that milestone has led me to take some time to reflect. It's difficult to believe that Charlene, Christopher and I arrived in the summer of 2015.

Our moving day stands out to me because of one person: Julie Scherrer, who was then the Associate Head of School, showed up to welcome us ... with a video camera in hand. It seemed unusual, because I didn't know then what I know now: Julie will do anything Cape Henry needs, whether that means picking up a camera, teaching a class or directing a play — and that's the short list!

In her 43 years at Cape Henry, Julie helped this once young school grow by serving as a Lower School teacher, helping with summer camps and Saturday basketball, directing the Middle School plays, coaching cheerleading, running Lower School admissions and then all of Lower School. After that, she didn't stop. When I arrived, she was running the Development Office and serving as Associate Head of School.

Regardless of her title at any given time, Julie's love and passion for Cape Henry is clear. She and her husband, Kevin, sent their three daughters here through graduation, the surest sign of her belief in the School. As a colleague, I heard it in her words and saw it in her actions. On moving day, Julie went out of her way to welcome my family and to make us feel immediately included in this wonderful community. Then, over the weeks and months ahead, she guided me through meetings

and helped me to better understand the culture of Cape Henry.

As Julie begins her retirement this summer, I am thankful for her guidance, commitment and pioneering spirit, which have set the School on an incredible forward trajectory. As you read this issue of *Soundings*, you will see that trajectory in stories about how college counseling puts student wellness front and center in their work. You will see it in how our students shine in our job shadow program. You will recognize it in the work being done by the faculty to make sure that all students can experience our new science and technology programs.

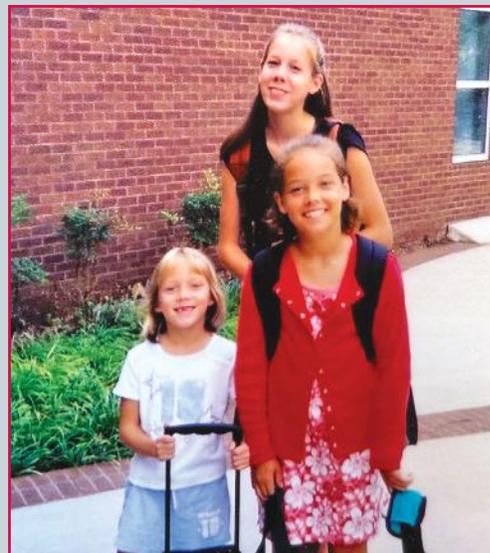
As you read on, you will see that our community's achievements and successes result from our connections and community. You will see that together we thrive.

Enjoy *Soundings*, and as always, I hope to see you on campus or in the community soon!

A handwritten signature in black ink that reads "Chris Garran".

Chris Garran, Ph.D.

HEAD OF SCHOOL



The Scherrer girls on the first day of school in the early 1990s.

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FEATURES



FEATURE

Celebrating the Class of 2025

Honoring the 87 newest members of the Cape Henry Collegiate Alumni Association

Decades of Dedication

After 42 years of service to Cape Henry to various roles from Lower School teacher to admissions director to development director and associate head of school, Mrs. Julie Scherrer announces her retirement.



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ON THE COVER: Senior Dinner student-selected speaker Cole Hughes '25 processes into the Commencement Ceremony for the Class of 2025.

THE BENEFITS OF A

PK-12

ENVIRONMENT

By Dr. Shamaine Williams, *Assistant Head of Lower School*

At Cape Henry, the spirit of community and collaboration is at the heart of everything we do. As a prekindergarten through 12th grade school, our students' range of ages offers us a unique opportunity to creatively enrich our students' educational experiences. Through a growing variety of programs and experiences, our older students are impacting the lives of their younger peers, and the positive effect goes both ways!

For years, National Honor Society members have volunteered their time to work with Lower School students, serving as buddy readers, building friendships, and helping with projects and assignments. They also work with Middle School students to coach them in writing, focusing on grammar, mechanics, sentence structure, and word choice. This peer coaching reflects our core value of community, giving older students a chance to share their knowledge and experiences from when they were learning to write essays themselves. Many students find it easier to learn from peers than to ask a teacher or parent, which makes this program especially impactful.

Both experiences are meaningful to the younger students because interacting with Upper School students allows them to see possibilities for their educational growth and appreciate that our community reaches far beyond Lower School. For Upper School students, the experience fosters empathy and strengthens their ability to work together as a school community.

The Big Brothers Big Sisters Club is one of the newest and most exciting additions this year. Once a week, a small group of seniors meets with their Lower School buddies to talk, play and mentor. These simple, consistent visits have quickly become something both the older and younger students look forward to. The connection continues outside the classroom, as students greet each other in the halls, building confidence and helping the younger students practice communication with older role models. During these visits, seniors often share their plans for life after Cape Henry, inspiring their younger buddies

COMMUNITY
BELONGING
INSPIRATION
OPPORTUNITY



Lower School student Maverick Matson poses with members of the varsity wrestling team.

to dream big and set measurable goals. The Lower School students see them not just as mentors, but as friends they have formed a genuine connection with in the school community.

This school year was also the first time CHC hosted the Math Kangaroo Competition. Math Kangaroo is an exciting international math competition for students in kindergarten through 12th grade. It promotes problem-solving, logical reasoning and a love for mathematics in a fun and engaging way. We had five students from the Upper School take on the challenge of helping and tutoring Lower and Middle School students.

The Operation Smile Club has also been actively involved with the Lower School, including supporting younger participants in the Shamrock Final Mile. The club invites speakers to teach the Lower School about their community involvement and the impact they have made in the lives of children locally and internationally. This helps students understand the importance of giving back and making a difference in the lives of others. This is teaching the students compassion, gratitude and kindness.

Just as the school year comes to a close, our longstanding tradition, the Legends Walk, highlights the many benefits of attending a prekindergarten through 12th grade school. Seniors who have attended Cape Henry from the very beginning take a final walk down our hallway hand in hand with a prekindergarten student, while the Lower School student body cheers them on. It's a joyous moment that gives our students a strong sense of community, belonging and inspiration for the wonderful opportunities that lie ahead.



Upper School students worked with lower divisions to practice for the Math Kangaroo competition.



Prekindergarten students escort senior Sahara Sullivan down the Lower School hallway during the annual Legends Walk.



Left and right: Lower School students work with their Upper School buddies, who set a positive example of leadership and scholarship.



CAPE STUDENT STEPS UP TO HELP DURING Job Shadow Day

By Dr. Reena Talreja-Pelaez, *Cape Henry Collegiate Trustee*

As a doctor, I view it as a vital part of my job to shape the future of medicine. That is why each year, I bring a Cape Henry Collegiate student into my OB/GYN practice during Job Shadow Day.

As the School's Health and Medical Science Program has matured and grown, so has the talent emerging from the school. That has never been more true than this year, when a 16-year-old girl stepped in during her Job Shadow Day experience to help a family in need.

As a member of the HMSP program, Gal-la Mateus shadowed me at Sentara Princess Anne Hospital, observing gynecologic surgery, including a cesarean birth and neonatal resuscitation. My team and I were continually impressed by her maturity and willingness to learn.

Then, in the pre-op area, she jumped in to help when we realized a patient's husband did not speak English. My team and I were working on electronic translation services so I could update him after the surgery, but as a native of Spain, Gal-la spoke up and volunteered to translate for the family. Her kindness and confidence put the family at ease, and she worked like a seasoned professional.

I was truly astonished by her capabilities that day and hope she will pursue a career in medicine. As Gal-la has already demonstrated, the field needs people like her.



"I came in with a lot of excitement about being able to shadow what could be my future self — being an OB-GYN — and it was accomplished perfectly. Not only did it give me a clear perspective of what a typical day in Dr. Talreja's position is like, but I also learned so much about patient care, communication and the daily challenges and rewards of the field. This experience made me even more passionate and confident about pursuing a future in the medical field, and who knows, maybe becoming an OB-GYN."

- Gal-la Mateus '26
JOB SHADOW
DAY PARTICIPANT

OTHER JOB SHADOW DAY EXPERIENCES



Manuel Rey-Flores, Will Hewitt, Zoe Limpantsis, Page Minihan at Trader Interactive.



Lauren Yue, Alex Wetherbee, Noah Hummel, Alana Esannason at Brown Advisory.



Karrigan Cummings, Avery Taylor, Cambrie Belak, Olivia Cajulis and Chris Martinez with Dr. Deepak Talreja of Sentara Cardiology Specialists.



Ava Haislip with Dr. Michael Gross at Mid-Atlantic Dermatology.

CAPE STUDENTS RECOGNIZED FOR **INNOVATION & SERVICE**

By Mrs. Alexandra Oglesby, *Director of Communications*

Up against national and international competition, three Cape Henry Collegiate students stood out for their efforts to create a lasting impact through innovation.

The Class of 2027's Henry Scolnick was named one of the Top 100 Emerging Innovators of 2025 by the University of Delaware's Horn School of Entrepreneurship. To win recognition, Henry stood out among applicants doing incredible work in 34 countries and 25 states.

"This is a tremendous achievement," said Head of Upper School Mr. Will Tragert. "Henry has worked for years in support of special needs children. He has grown remarkably as a leader and community advocate, and I am thrilled to see his efforts recognized far beyond Cape Henry."

In Middle School, Henry founded Ballers Basketball, a league for neurodivergent students in Hampton Roads. Today, the league holds weekly winter practices that draw dozens of participants and neurotypical volunteers.

Additionally, Henry is a founding member of the Upper School Service Council and the president of the Volunteerism Club. In both roles, he engages his peers in community outreach and service learning with the goal of improving the lives of others.

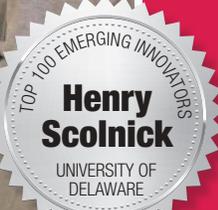
Fellow sophomore Vikram Goudar and junior Sydney Murphy were recognized for their work with Nexus Cares, a student club they co-founded last year to provide long-term support to underserved communities. The idea for Nexus Cares was inspired by a school trip to Botswana, where Sydney and Vikram witnessed a dire need for school supplies.

In May, Sydney attended the Horn School's Limitless World Summit, where she met people from 19 different countries and eight states and learned what it takes to be an entrepreneur from business and organization leaders.

"Every single one said it's about taking risks," Sydney said. "It made me want to take more opportunities that I'm given."

The trip inspired Sydney to continue pursuing her passion to make change around the world, which started with Nexus Global Studies trips. Although she knows her dreams and plans are ambitious, she's determined to "follow them and fight until they work."

Sydney Murphy '26 attended the Limitless World Summit in May, where she learned from entrepreneurs and organizational leaders.



Vikram Goudar '27 and Sydney explain the mission of Nexus Cares to a fellow student during the Upper School Club Fair.

Henry Scolnick '27 high-fives a Ballers Basketball participant during practice. Henry founded the league when he was still in the Middle School.

Senior Scholars



Cyrus Desai

By Mrs. Brooke Hummel
Assistant Head of School



Outside of focused study on global topics, Cyrus has valued relationships with teachers and coaches that have shaped who he has become. Cyrus believes that athletics, Scouts and theater allowed him to create a space in the community where he really learned the value of relationships. He also credits Mr. Howie Hodapp, who has been his running coach for the past six years, with teaching him a lot about growing from mistakes and being kind to himself.

Ultimately, Cyrus accepted an appointment to the United States Naval Academy, where he will be mentally and physically tested and prepared to serve and lead. When asked about this outstanding achievement, Cyrus smiled and humbly said he credits the teachers and peers whom he has grown up with for helping to get him where he's going.



Gerda Paulauskaite

By Mrs. Shelley Camp
Upper School English Teacher



For Gerda, CHC has been more than just a school — it has been a home. Moving from a completely different country, she found comfort in the strong sense of community and individualized support that helped her succeed. She describes CHC as a place where friendships are formed for life and where teachers genuinely care about their students' growth. This support system has allowed her to flourish both academically and personally, shaping her into the person she is today.

Looking ahead, Gerda's future is super bright. With a list of top-tier colleges in her sights, she narrowed down her choices and will attend the University of Virginia in the fall. Gerda is most excited about the academic rigor and the community at UVA. "I like to be challenged, and I know that with the expectations and opportunities at UVA, I will be able to make the most of it," she says.



Nadia Paige

By Mr. Jeff Warden
Upper School Visual Arts Teacher



Nadia Paige will leave an artistic mark on Cape Henry Collegiate. Starting from her first year in 6th grade, she made an imprint as a creative force. Her advanced drawing skills and highly creative imagination in art camps at this young age caught my attention then, and I continue to be impressed by her unfettered artistic genius.

Year after year, Nadia won honors like the Excellence in Art Award and Jordan Award. She was also selected to attend a session at the highly selective Summer Residential Governor's School for Visual and Performing Arts. Her good friend Katie Brown says, "As an artist, I would describe Nadia as curious with an eye for finding beauty in everything. She is constantly trying new media and new ideas; creating is her passion." It is no surprise her artistic passion has directed her on a path to Savannah College of Art and Design after graduation.



Josh Frey

By Mr. Charles Guido
Upper School Mathematics Teacher



Josh's teachers have come to know him for his balance of good-natured energy and determined crunch-time focus. Josh often helps break classroom tension by proposing several possible dire academic outcomes before successfully taking on an assignment or assessment.

While Josh's academic success is impressive, it's his leadership in athletics and his role within the Cape Henry community that has helped set him apart. As a key player on the varsity soccer team, Josh demonstrated remarkable dedication and leadership. In his senior year, the team finished with an undefeated record and was ranked first in the state of Virginia. Josh's calm, focused leadership was part of that success. Josh has also become an integral member of the indoor and outdoor track teams in his senior year, choosing to contribute even further to the Cape Henry athletic community. Josh leads by the example of his drive, determination and dedication, setting his aim never on seeking the spotlight but instead on lifting others up and inspiring his teammates to perform at their best.



Katie Brown

By Mrs. Alexandra Oglesby
Director of Communications



Katie Brown is visionary but grounded, passionate but logical, quiet but warm. She's an artist who thinks like an engineer; an adventurer who is also a homebody. Those qualities may seem like contradictions, but they lock together in Katie, and she has found a path forward in life that will make the most of them.

Although she knew from camping and exploring state parks with her dad as a kid that she liked being outside, it was not until joining Cape Henry Collegiate's Outdoor Leadership Series that Katie realized the depth of her passion for the outdoors, from climbing mountains to kayaking and whitewater rafting. A weeklong backpacking trip through New Hampshire's White Mountains with the program was "one of the coolest things I've ever done," she says.

That passion for the outdoors came into play when Katie began the college search. Although she credits Cape Henry's college counselors with making the process easy and far less stressful than she had anticipated, her own clearheadedness helped, too. Katie knows who she is and she takes strategic, creative steps to get where she wants to go — and where she wanted to go was closer to the mountains.

Katie found the perfect fit at North Carolina's Appalachian State University, where she may pursue an environmental studies degree. Katie is so multifaceted in her talents and interests that computer science, mechanical engineering and architecture are also still in the mix. She is, however, absolutely certain she'll pursue a visual arts minor: "I don't ever want to stop learning about that."



Scan the individual QR codes above with your smartphone to read the full text of each senior's scholar feature.

To view scholar features for other members of the Class of 2025 visit: capehenrycollegiate.org/classof2025

FOCUS ON EXCELLENCE:

Cape Henry Names 2025 Distinguished Scholars

By Mrs. Alexandra Oglesby, *Director of Communications*

Cape Henry Collegiate is proud to announce that incoming Upper School student Mruthyunjai Jawahhar has been named this year's Laila Serpe Distinguished Scholar. Mruthyunjai, also known as MJ, is currently enrolled in the International Baccalaureate at Plaza Middle School and will attend Cape Henry on a full merit scholarship in recognition of his academic excellence, cultural engagement and dedication to service leadership.

"MJ's drive and sense of curiosity impressed us and felt like a perfect fit for our community," said Head of School Dr. Chris Garran. "He is already incredibly accomplished for his age, and we know he will continue to learn, lead and contribute during his next four years at Cape Henry."

MJ excels across disciplines. He is an accomplished soccer, chess and cricket player, developing Tamil speaker and an artist whose works were selected for a show at the Virginia Museum of Contemporary Art. He has also devoted dozens of hours to volunteering at his church and the Princess Anne Library.

As part of the Distinguished Merit Scholars Program, additional partial scholarships were awarded to Cape Henry's Claire Browning, Landon Lewis and Mateo Pelaez, as well as Abigail Spencer of Old Donation School and Cole Whittaker of Brandon Middle School.

Each year, Cape Henry's Laila Serpe Distinguished Scholars and Distinguished Merit Scholars programs offer academic scholarships to a limited number of rising 9th grade students who are outstanding leaders and scholars. Scholarships last for the tenure of the student's enrollment in Upper School, provided the student continues to display distinguished levels of commitment and achievement.

The program is named for Laila Serpe, a brilliant Cape Henry student who passed away at the age of 12 in 2009. Laila exemplified the qualities of a community-minded scholar who took advantage of each opportunity that she encountered.

2025
DISTINGUISHED SCHOLARS



Mruthyunjai Jawahhar
Laila Serpe Distinguished Scholar



Claire Browning
Distinguished Merit Scholar



Landon Lewis
Distinguished Merit Scholar



Mateo Pelaez
Distinguished Merit Scholar



Abigail Spencer
Distinguished Merit Scholar



Cole Whittaker
Distinguished Merit Scholar



CLASS OF 2025

CLASS OF 2025 COLLEGE ACCEPTANCES

Abilene Christian University
 Alabama A & M University
 Allegheny College
 American Baptist College
 American International College
 American Musical and Dramatic Academy
 American University
 Appalachian State University
 Arizona State University
 Auburn University
 Baldwin Wallace University
 Baylor University
 Belmont University
 Berry College
 Boston University
 Bridgewater College
 Catholic University of America
 Chapman University
 Chowan University
 Christopher Newport University
 Clark Atlanta University
 Clark University
 Clemson University
 Coastal Carolina University
 College of Charleston
 Culinary Institute of America
 Delaware State University
 Dickinson College
 Drexel University
 Drury University
 East Carolina University
 Elizabeth City State University
 Elon University
 Embry-Riddle Aeronautical University-
 Daytona Beach
 Emerson College
 Fayetteville State University
 Ferrum College
 Fisher College
 Flagler College
 Florida Atlantic University
 Florida Institute of Technology
 Florida Memorial University
 Franklin and Marshall College
 Franklin University Switzerland
 George Mason University
 George Washington University
 Georgia Institute of Technology
 Grambling State University
 Hampden-Sydney College
 Hampton University
 Harris-Stowe State University
 High Point University
 Hobart William Smith Colleges
 Hofstra University
 Hollins University
 Howard University
 Indiana University-Bloomington

Ithaca College
 Jackson State University
 James Madison University
 Lane College
 Le Moyne-Owen College
 Liberty University
 Lincoln University
 Lipscomb University
 Longwood University
 Louisiana State University
 Loyola University Chicago
 Mars Hill University
 Mary Baldwin University
 Marymount Manhattan College
 Marymount University
 Miami University-Oxford
 Middle Tennessee State University
 Miles College
 Morehouse College
 Morgan State University
 Morris Brown College
 Muhlenberg College
 New York University
 Norfolk State University
 North Carolina A & T State University
 North Carolina Central University
 North Carolina State University
 Northeastern University
 Oberlin College
 Oglethorpe University
 Old Dominion University
 Oregon State University
 Pace University
 Palm Beach Atlantic University
 Pennsylvania State University
 Point Park University
 Princeton University
 Purdue University
 Radford University
 Randolph College
 Randolph-Macon College
 Regent University
 Rensselaer Polytechnic Institute
 Ringling College of Art and Design
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 University of New Hampshire
 University of New Haven
 University of North Carolina Wilmington
 University of Oregon
 University of Pittsburgh
 University of Rhode Island
 University of Richmond
 University of San Francisco
 University of South Carolina-Columbia
 University of Southern California
 University of Tampa
 University of Tennessee-Knoxville
 University of Toronto
 University of Vermont
 University of Virginia
 Virginia Commonwealth University
 Virginia Military Institute
 Virginia Tech
 Virginia Wesleyan University
 Voorhees College
 Wabash College
 Wake Forest University
 West Chester University of Pennsylvania
 West Virginia University
 Western Carolina University
 Wilberforce University
 William & Mary
 Wilson College
 Worcester Polytechnic Institute
 Xavier University

CLASS OF 2025 AWARDS

Class of 2025 - Valedictorian

2024-2025

Katie Tserediani

Class of 2025 - Salutatorian

2024-2025

Gerda Paulauskaite

Cape Henry Collegiate Legends

Cape Henry Collegiate Legends are members of the Class of 2025 who have attended 12 or more years of continuous education at Cape Henry Collegiate.

Caspin Berklee, Kyah Herbert, Evan Jones, Owen Klimkiewicz, Sydney Larkin, Keegan Mulkey, Isabella Roland, Logan Seith, Kate Short, Sahara Sullivan and Rhiannon Walter

General Louis J. Fortier Leadership Award

The General Louis J. Fortier Leadership Award was established by his son, Mr. L. Renshaw Fortier, former Chairman of the Board of Trustees, in honor of his father who saw combat in four wars of the United States. The award is for a senior who has shown leadership in word and deed.

2024-2025 Recipient

Molly Hooks

Sparks Family Fine Arts Award

The Sparks Family Fine Arts Award is awarded to the senior whose contributions and achievements in the fine arts are notable.

2024-2025 Recipient

Lucas Samuel

Grace Olin Jordan Literary Award

The Grace Olin Jordan Literary Award was the first graduation award established by the Board of Trustees in 1972 and recognizes a student who has consistently demonstrated excellence in literary works.

2024-2025 Recipient

Malaika Rodrigues

Perry Family Math, Science, and Technology Award

The Perry Family Math, Science, and Technology Award is awarded to the senior who demonstrates excellence in math, science and technology.

2024-2025 Recipient

Willy Wriggers



Class of 2025 Valedictorian Katie Tserediani



Senior Choral Ensemble

The Moomaw Award

The Moomaw Award is given in memory of Dr. W. Hugh Moomaw, Head of School from 1975 to 1986, to a senior who demonstrates a deep questioning and curiosity about life and the world around us.

2024-2025 Recipient

Sahara Sullivan

Goodwin Shepherd Jordan Loyalty Award

The Goodwin Shepherd Jordan Loyalty Award is given in memory of former Head of Cape Henry, Mrs. Anne Dickson Jordan Waldrop, in memory of her husband, Mr. G. S. Jordan, to a senior who has shown outstanding dedication, support and loyalty to the School. The award is designed to recognize a student or students whose commitment does not bring instant attention and public recognition.

2024-2025 Recipient

Jack Alpigini

Arthur Peregoff Award

The Arthur Peregoff Award is given in memory of Mr. Arthur Peregoff, founder and former Board Chair, who fostered the spirit and supported the mission of Cape Henry Collegiate. The award is given to a senior deemed worthy of recognition for his or her positive contributions to Cape Henry Collegiate.

2024-2025 Recipients

Evelyn Graham

Daniel P. Richardson Commitment to Diversity Award

The Daniel P. Richardson Commitment to Diversity Award is given to a senior who has been involved in student organizations that promote diversity, who embodies and personifies the principles of diversity and pluralism, and who has been a pioneer in efforts to make Cape Henry Collegiate a diverse environment.

2024-2025 Recipient

Angelina "Lee" Squatrito

Cape Henry Collegiate Core Values Award

The Cape Henry Collegiate Core Values Award is awarded to the senior who best exemplifies the four core values of the School: community, opportunity, scholarship and integrity.

2024-2025 Recipient

Devlin Edgar

The Best:

WHY THE MOST SELECTIVE COLLEGES AREN'T (ALWAYS) IT

By Mrs. Liz Stello, *Director of College Counseling* and Mrs. Jill Qualters, *Upper School Counselor*

73%

of parents surveyed agreed that "getting into a selective college is one of the most important ingredients to later life success."

SOURCE: Jennifer Wallace, author of *Never Enough*

45%

drop in admissions rates at the top 50 colleges between 2005 and 2018.

"Since the 1980s, a growing body of research finds that mattering—the feeling that we are valued and adding value to others—is key to positive mental health and to thriving in adolescence and beyond."

- Jennifer Breheny Wallace
"Never Enough"

As parents, we want the best for our children. That's an understandable and worthwhile goal! Yet, across the country and right here at Cape Henry, the college application process seems to make us forget that the best isn't necessarily a big name school — it's where our kids are learning and thriving.

Over the past decade, data shows what we already know: Parents and students want to get into selective schools. They want brand name schools with an air of prestige, often at the cost of considerations like personal fit, mental health and long-term satisfaction.

At the same time, the mystique behind who gets into these selective colleges has only grown, since each organization has its own priorities and even those change from year to year. Working hard and getting good grades frequently does not materialize into the acceptances our students and parents envision.

Faced with such unknowns, a false belief has brewed that if a student just does more, that will make them stand out. And worse, because students feel that they are constantly competing with their classmates to outdo one another, friendships and camaraderie take a backseat. Teenagers today are up against increasingly high expectations and pressure.

We don't have to imagine how this affects student wellbeing, because there's already data to show it can intensify anxiety, depression, substance use and even self-harm. The pressure is so intense, in fact, that students in high-achieving secondary schools are now on the National Academies of Sciences, Engineering, and Medicine's list of at-risk groups, alongside kids living in poverty, foster care and those with incarcerated parents.

So what can we do? First, know that overall, the admissions rate to four-year colleges has actually gone up. The college admissions and student mental health pictures are considerably brighter if we can let go of the belief that selectivity equals success.

It takes a community to reject that belief — and at Cape Henry, you're in the right one. Our most essential work is to make our students feel known and valued. Each one is important to our community, no matter where they're accepted or denied. Because of the number of opportunities available to them in Upper School, by the time they apply for college, our students know who they are and what interests them. That, in turn, helps them choose a college where they will truly engage, because the goal isn't the acceptance letter — it's thriving once they're there.

We can't do it without the support of parents. One of the simplest and most impactful things we can do is to be thoughtful about how we talk to teens (and their friends) about the college process. Instead of focusing on outcomes, try asking open-ended questions such as "How are you feeling about your college list?" or "What's exciting you most about the future?" These kinds of questions communicate that you care more about their well-being than just their achievements.

It takes all of us to reshape the college process into one that values mattering over prestige. Whether we are teachers, parents or counselors, knowing and valuing our students helps them discover who they are and what they want. When they know that, they can find a community where they will thrive — and that is what "the best" actually means.



Mrs. Liz Stello
DIRECTOR OF COLLEGE COUNSELING

Mrs. Stello joined Cape Henry in 2010 and has worked as the Director of College Counseling since 2014. She has been in the college counseling profession since 2005 and is a member of multiple regional and national college counseling associations, including NACAC, PCACAC, and ACCIS. In addition, she has volunteered as a faculty member and presenter at the PCACAC Summer Institute and serves on a college admissions advisory board.



Mrs. Jill Qualters
UPPER SCHOOL COUNSELOR

Mrs. Qualters joined the Upper School at Cape Henry Collegiate in 2019. Mrs. Qualters is a National Certified Counselor (NCC) and holds a Virginia Pupil Personnel Services License. Prior to her arrival at CHC, Jill worked as a school counselor at all grade levels in Virginia Beach City Public Schools, Calvert County, Maryland, and in Academy School District 20 in Colorado Springs, Colorado. Jill has extensive research experience in suicide prevention, social emotional wellness, differentiated education and military transitions.



THE CONSTANT: How Julie Scherrer Shaped Cape Henry—AND ME

By Mrs. Lindsay Oliver '04, *Director of Development*

For decades, Julie Scherrer's presence has made a difference at Cape Henry Collegiate. As a student in the early 2000s along with her daughter, Casey, I remember her in the stands of our softball games, cheering for her Casey, and for all of us, with tons of enthusiasm. She celebrated our wins with genuine joy and offered comfort and warmth after the losses. Even then, it was clear that Julie was someone who showed up, who cared deeply and who would do anything for Cape Henry and anyone in this community.



Mrs. Julie Scherrer visiting with alumni, including Mrs. Lindsay Oliver '04, in New York City in July 2011



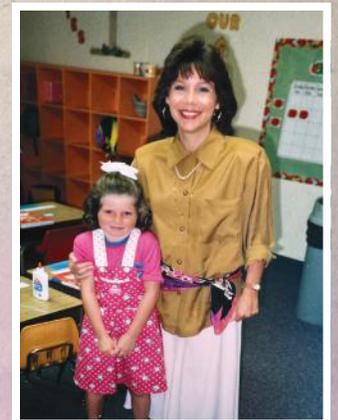
Mrs. Scherrer greets a Lower School guest speaker.

Years of Julie's upbeat, effortlessly energetic attitude, paired with her deep drive and dedication, helped make Cape Henry the great school it is today. Julie began by teaching some of our youngest learners, a role that reflected her natural dedication to

quality education. That passion and leadership eventually led her to be named Associate Head of School. Julie has watched and guided the School's transformation firsthand, from classes held in trailers to successfully running Cape Henry's largest capital campaign, which led to the opening of the Clarke+Ervin Center for Innovation and Performing Arts. She loves this school and, as a pioneer, saw its incredible potential. In her words, "It was not always easy, but we were all committed to doing wherever it took to make the vision a reality."

When she took on the role of Director of Development, Julie helped launch college and regional visits to show alumni how much they were valued, and that's where our story picks back up. She and a few others made annual visits to James Madison University, where I was a student, and later to New York City, where I lived after graduation. I often had long conversations with her because she was genuinely interested in my experience and how Cape Henry prepared me for life beyond high school. I also loved hearing about the school's growth from her perspective. I truly admired her ability to listen, offer insight and guide others.

After years in a different industry, I returned to Cape Henry Collegiate in the spring of 2024 as Director of Development, and Julie became my mentor. The same person who's known me since I was 15 has been my cheerleader and sounding board this past year. I imagine people see the '04 after my name and assume that, as an alum, it was easy to walk back through the doors 20 years after graduation. But it was a new job and a career pivot that came with challenges, and Julie, my friend and mentor, was key in making my return a success.



Mrs. Julie Scherrer with Mrs. Laura Moye Mack '02

As Julie prepares for retirement after 43 years, she reflects that

Cape Henry "has become even more important to me than I was to it." Looking back at the School's growth over those four decades, I'm not so sure — Julie believed in this place, and she shaped it in both visible and intangible ways. The same can be said for me, and although Julie is stepping away, her impact on Cape Henry, and on me, will always remain.



Mrs. Scherrer takes her 2nd grade class on a field trip to Coleman's Nursery in 1996.

BUILDING EACH OTHER UP: PROMOTING INCLUSIVITY IN



By Mr. Jonathan Torch, *STEAM Director*

In the spring of 2018, I took a position teaching Upper School math at Cape Henry Collegiate, a subject I've always loved. Like many math teachers, I often heard the question: "When will I ever use this in real life?" While responses like "it strengthens your problem-solving skills" or "it builds character" are true, convincing middle and high school students can be challenging.

Fortunately, at Cape Henry, we don't have to convince them — we can show them. Through electives like Introduction to Engineering and Design, teachers can bridge math and science with real-world applications, like coding, electronics, robotics and design thinking. For the past five years, the course has introduced students to computer-aided design, coding, electronics and fabrication, helping them explore potential passions, majors and careers.

From the start, however, the course has been predominantly male. This imbalance doesn't have to be the norm. At Cape Henry, we are committed to fostering inclusivity in STEAM, encouraging students of all backgrounds to step outside traditional expectations.

For senior Katie Brown, that meant enrolling in a computer-aided design course where she was the only girl. By the end of the semester, she used her computer-aided design and manufacturing skills to bring to life a unique, creative wooden lamp. Her finished product was so polished and professional, it could easily be mistaken for something sold in a store — an experience Katie describes as "extremely positive and influential."

"I have come to find that STEAM isn't just for one type of person — it's for anyone who is curious, creative and driven to learn," says Katie, who is now considering a career in the field. Katie's journey is a powerful example of how exposure and encouragement can redefine students' perceptions of themselves and who belongs in STEAM fields.

As a prekindergarten-12th grade school, Cape Henry is in a unique position to start students on their STEAM journey at very young ages, and continue encouraging them throughout adolescence, when their confidence may otherwise drop.

In order to do that, dedicated faculty members have drastically expanded STEAM opportunities for Lower and Middle School students over the last several years.

In Mrs. Pam Zetervall's Makerspace, students can tinker, build and prototype using unexpected materials from cardboard scraps and craft supplies to programmable robots! And in the Early Engineers program, students can continue to explore design thinking through coding, simple machines and creative problem-solving.

Next year, Early Engineers will be integrated into all Lower School classrooms in order to make the program more inclusive and accessible for all learners. As Mrs. Zetervall says, "You never know what lesson will spark interest and motivate a student who may think engineering is not for them."

After-school clubs and teams allow Lower and Middle School students to further explore their interests and even get competitive. Lower School teachers Mr. Ryan Willette and Ms. Melissa Anderson offer weekly sessions focused on building and coding using LEGO Robotics challenges. Already, these clubs and teams are fostering inclusivity in STEAM.

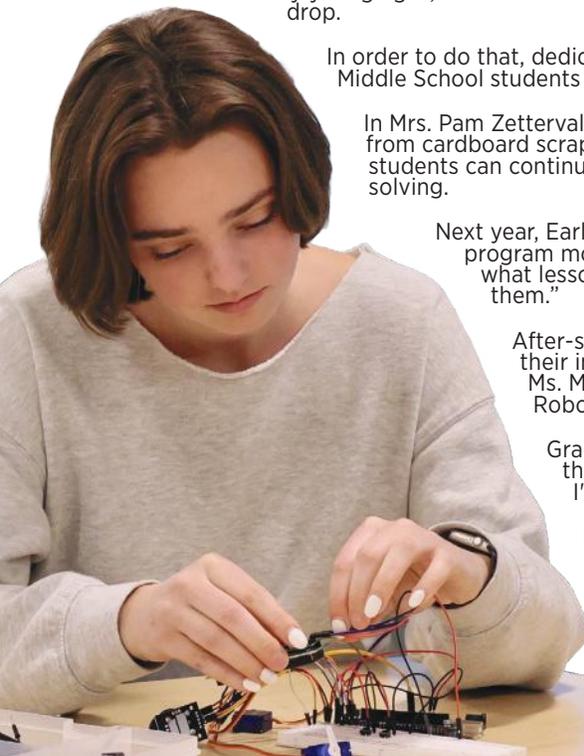
Grade 5 student Ryan Finn calls the Lower School robotics team an enjoyable challenge that will help her work toward a job at NASA. "Many girls think robotics is just for boys. I'd like to inspire other girls to do robotics as well," she says.

In January, Middle and Upper School students got to showcase their STEAM skills right here at Cape Henry when the School hosted the FIRST Tech Challenge qualifying competition, welcoming teams from across Hampton Roads and beyond.

The event was a testament to our community's enthusiasm and support for STEAM, with volunteers stepping up without hesitation. It was incredible to see students, educators and families from all backgrounds come together to celebrate STEAM — not just as a learning experience, but as a competitive and inspiring pursuit.



Ryan Finn '32 and Mr. Jonathan Torch during a robotics club meeting.



Katie Brown '25 works with Arduino, an electronic prototyping platform.

Black History Month



After selecting, researching and writing about famous Black Americans, Mrs. Jessica Burgess' 1st grade class created torn paper portraits. They were so proud to have their work displayed in the Sims Lower School lobby during Black History Month!



During an all-school celebration, Cape Henry honored Black History Month with dancing, music, poetry and joy! The unparalleled Norfolk State University Spartan Legion shared their talents with our community, "highlighting the rich tradition of HBCU marching bands and serving as an inspiration for our students," according to event organizer Dr. Shamaine Williams.



In Mrs. Roberta Kavanaugh's prekindergarten class, students made sculptures in the style of Augusta Savage, an artist who campaigned for the equal rights of African Americans in the arts throughout her career.

Middle School Japanese Ink Art

In Mrs. Kathy Thompson's art class, students explored the history and techniques of traditional Japanese art, focusing on its unique brushwork. After a live demonstration, they practiced their own brush techniques, learning the fluid, expressive style that defines Japanese ink painting. Mrs. Thompson encouraged students to embrace the process, letting go of perfection and allowing the ink to flow freely through the brush. Next, they created their own painted landscapes, continuing to develop their skills in this meditative art form.



Holi Festival

Cape Henry's Upper School students had fun celebrating Holi in March. At Cape Henry, like in India and at other festivals around the world, students celebrated by throwing colored powder into the air and on each other. The Multicultural Alliance Club also invited Upper School parent Mr. Jhalak Pattnaik to join assembly as a guest speaker and the Café Dolphin team prepared traditional Indian dishes to complement the cultural focus.



SPRING ATHLETIC COLLEGE COMMITMENTS



REID DOWNS

BASEBALL | UNIVERSITY OF RICHMOND

A standout on both sides of the ball, Reid Downs posted a .438 batting average, 13 stolen bases and a .977 fielding percentage his senior season. Known for his speed and defensive instincts, Reid will continue his baseball career next fall at the University of Richmond.



AURORA EVANS

BASKETBALL | BRIDGEWATER COLLEGE

Through dedication and hard work, Aurora Evans became a key player for Cape Henry, averaging over 10 points per game and nearly securing multiple double-doubles. Her relentless effort and court awareness earned her a spot on the Bridgewater College women's basketball team, where she'll compete next season.



JOSH FREY

SOCCER | FERRUM COLLEGE

Josh Frey is a versatile and selfless player, capable of impacting the game from any position — whether saving goals or scoring them. His adaptability and determination have earned him a place on the Ferrum College men's soccer team, where he will compete as a Panther starting next fall.



KEEGAN HATCHELL

LACROSSE | WABASH COLLEGE

A reliable offensive presence, Keegan Hatchell delivered multiple multi-goal games and played a vital role in Cape Henry's attack. Known for his scoring instincts and consistent play, Keegan will take his talents to Wabash College next season to continue his lacrosse career at the collegiate level.



LOGAN SEITH

TRACK AND FIELD | UNIVERSITY OF VIRGINIA AT WISE

Logan Seith is a standout in track and field, holding school records in discus (153' 8") and shot put (47' 11"). Known for his strength, focus and character, Logan combines a powerful presence with a humble nature — traits that will serve him well as he continues his athletic journey next fall.



AJ SWENNEY

BASKETBALL | FISHER COLLEGE

AJ Swenney, a skilled point guard, led Cape Henry in scoring with over 20 points per game and joined the school's 1,000-point club. Known for his speed, creativity, and leadership, AJ will take the court next year for Fisher College to continue his basketball journey.



SEBASTIAN WHITFIELD

BASKETBALL | PRINCETON UNIVERSITY

Despite injuries in his final season, Sebastian Whitfield remained one of Hampton Roads' top talents. His calm presence, defensive strength and offensive versatility set him apart. Sebastian will bring his all-around game to Princeton University next fall to continue competing at the highest collegiate level.

Congratulations to the following six graduates honored in the winter 2024-2025 issue of *Soundings* for their college athletic commitments.

RYAN DOBRINSKY

BASEBALL | VIRGINIA WESLEYAN UNIVERSITY

RYAN HUMMEL

BASEBALL | RANDOLPH-MACON COLLEGE

COLIN LABEL

BASEBALL | GEORGE WASHINGTON UNIVERSITY

BAYLEN NEWCOMB

BASEBALL | MARYMOUNT UNIVERSITY

GABRIELLA SEIFERT

FIELD HOCKEY | HOFSTRA UNIVERSITY

TRAJAN TAYLOR

BASEBALL | MARS HILL UNIVERSITY



SEASON HIGHLIGHTS



1

TCIS COACH OF THE YEAR
COACH LANCE HURDLE

3RD

PLACE FINISH IN THE REGULAR TCIS SEASON

1,000

POINT-SCORER
AJ SWENNEY

70

POINTS AVERAGED PER GAME OFFENSIVELY



BASKETBALL BOYS

50

POINTS AVERAGED PER GAME OFFENSIVELY

6

GAME WINNING STREAK OPENED THE SEASON

40

POINTS FOR OPPONENTS PER GAME DEFENSIVELY

4

RETURNING UNDERCLASSMEN STUDENT-ATHLETES



BASKETBALL GIRLS

3RD

CONSECUTIVE TCIS CHAMPIONSHIP

1

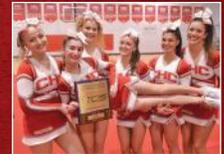
TCIS COACH OF THE YEAR
COACH SHELLEY CAMP

92%

OF ROSTER RETURNING

1

GRADUATING SENIOR



CHEERLEADING

9

NEW CHC RECORDS

3RD

PLACE FINISH FOR GIRLS IN VISAA DII CHAMPIONSHIP

11TH

PLACE FINISH FOR BOYS IN VISAA DI CHAMPIONSHIP

1

TCIS MEET RECORD IN 500M
OWEN TRAGERT



INDOOR TRACK & FIELD

1

TCIS COACH OF THE YEAR
COACH TRISH ZIMMERMAN

14

NEW CHC RECORDS BY CONCLUSION OF SEASON

3RD

PLACE FINISH FOR GIRLS IN VISAA DII CHAMPIONSHIP

11TH

PLACE FINISH FOR BOYS IN VISAA DI CHAMPIONSHIP



SWIMMING

3RD

PLACE FINISH IN TCIS TOURNAMENT

5TH

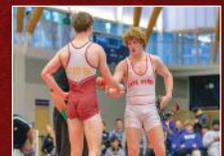
PLACE FINISH VISAA DI TOURNAMENT

3

TCIS CHAMPIONS
ADAM FELDMAN, TOWNSEND WINANS
AND MALIK PERALTA-DOERR

1

VISAA DI STATE CHAMPION
TOWNSEND WINANS



WRESTLING



A YEAR FULL OF *Girl Power*

By Mrs. Jeanne Short, *Director of Athletics*

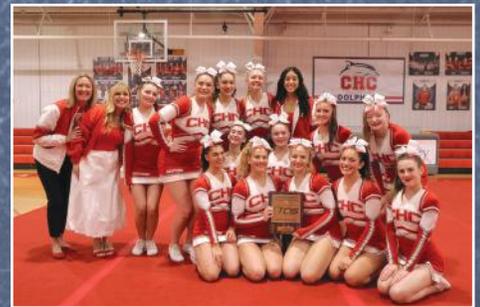


Cape Henry Collegiate has a rich tradition of athletics. Many seasons of boys soccer, field hockey, girls tennis, baseball and boys basketball championship banners are cherished, as we continue to build and enhance those programs. We are also thrilled to applaud the efforts of some up-and-coming programs as they begin to make their mark across the region and state.

Dolphins girls cross country kicked off the year with their first-ever TCIS championship. The team finished their season with an incredible showing of perseverance, strategic running and remarkable determination. They prepared for every hill and stride and peaked at the right time. Hanging this program's conference championship banner was a moment an entire community will remember for years to come.

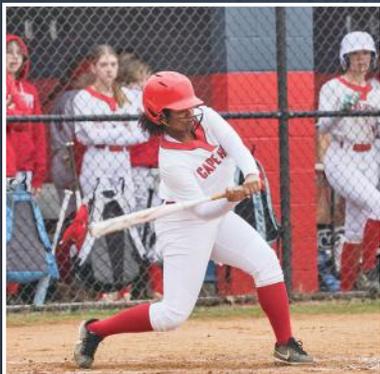
As we transitioned from fall to winter, the varsity cheerleading team picked up right where they left off. Precision choreography, enhanced tumbling and spirited routines led the team to a 3rd

TCIS championship in as many years, a first for the program. TCIS Coach of the Year Mrs. Shelley Camp and her assistant, Mrs. Gloria Speight, take pride in leading this team to be their best. In anticipation of this team's impeccable performance, Dolphins basketball fans did not leave their seats at halftime. The team is truly the pride of Dolphin athletics.



Dolphins varsity girls swim achieved some of the school's best ever times in the 2024-2025 winter season. This team rewrote 9 of their 11 school records, leaving only two untouched since 2001 and truly redefining excellence in the water.

Team co-captain Avery Taylor earned the TCIS Girls Swim Meet MVP, finishing 1st in every one of her events. Under the guidance of Avery, co-captain Sahara Sullivan, TCIS Coach of the Year Mrs. Trish Zimmerman and Assistant Coach Mrs. Liz Serre, the team earned a TCIS Runner Up finish and 3rd in state competition.



Spring season brought even more accomplishments. The varsity softball team finished 2nd in the TCIS regular season and advanced to the VISAA semifinals, under the direction of TCIS Coach of the Year Mrs. Rebecca Stone, and her assistants, Mr. Joe Larkin and Mr. Caleb Dininny. Seniors Sydney Larkin, Maylen Johnson and Marshall Daniel pioneered the rebirth of Dolphins softball, and fans enjoyed witnessing their efforts and energy pay off.

In their inaugural season, Dolphins varsity girls golf made history. Coaches Ms. Kim Johnson and Mrs. Gigi Smith slated a 3-0 season with wins over Norfolk Academy, Atlantic Shores Christian and Collegiate of Richmond. Senior Gabriella Seifert led this group in match play in uncharted territory; and, they responded with poise, talent, and class.

Finally, we could not look back on 2024-2025 without celebrating senior Marshall Daniel. Marshall earned this year's Mary Ann Jacobsen Award, named for a 1975 CHC alum who was a standout multisport female athlete. The award was more than fitting for Marshall, who is an incredible three-sport athlete. In the same season, Marshall earned All-TCIS recognition in both softball and track and field. She was the 2025 TCIS shot put champion and a TCIS All-Conference Recipient in softball. Marshall's spring season was emblematic of the rise of many of our girls teams, who have earned well-deserved recognition.



SPRING COUNTDOWN

10 ALL-STATE RECIPIENTS

- Baseball:** Colin Lebel (1st Team)
Noah Hummel (2nd Team)
Reid Downs (2nd Team)
- Girls Lacrosse:** Liza Pridgen (1st Team)
Lindsey Coureas (2nd Team)
- Girls Soccer:** Mia Washburn (1st Team)
- Softball:** Macie Konikoff (1st Team)
Leylana Dininny (2nd Team)
- Track and Field:** Michael McKnew (1st Team)
Owen Tragert (2nd Team)

9 NEW SCHOOL RECORDS

- Boys 3200m Run
- Boys 4x400m
- Boys 1600m Run
- Boys Discus
- Boys 800m Run,
- Boys Shotput
- 400m Dash
- Girls 4x400m
- Boys 4x100m

8 SENIOR SPRING ATHLETES JOIN FIVE FALL AND WINTER ATHLETES CONTINUING TO PLAY AT THE COLLEGIATE LEVEL

- Logan Seith, *Track and Field*
- Keegan Hatchell, *Lacrosse*
- Reid Downs, *Baseball*
- Trajan Taylor, *Baseball*
- Baylen Newcomb, *Baseball*
- Colin Lebel, *Baseball*
- Ryan Hummel, *Baseball*
- Ryan Dobrinsky, *Baseball*

SEE PAGE 14 FOR ADDITIONAL DETAILS

7 SPRING ATHLETIC TRAINING STUDENT AIDES

- Aurora Evans
- Molly Hooks
- Emma Keown
- Daniela Matilsky
- Bella Roland
- Katie Tserediani
- Tamara Tserediani

6 ALL-TCIS HONOREES FROM SOFTBALL...

- plus **5** from baseball, boys lacrosse and track and field
- 4** from girls soccer
- 3** from golf, tennis and girls lacrosse



5 VISAA POSTSEASON PARTICIPANTS

- Baseball:** (Semifinals)
- Softball** (Semifinals)
- Girls Lacrosse** (Quarterfinals)
- Girls Soccer** (Quarterfinals)
- Track and Field** (Championships)



BASEBALL

4 COMBINED ROUNDS UNDER PAR

from senior captain Alex Rai and 8th grader Mateo Pelaez featuring CHC's first-ever hole-in-one on the 7th hole at Sewell's Point Golf Course.



COED GOLF

3 -0 RECORD IN THE FIRST-EVER SEASON FOR VARSITY GIRLS GOLF, AVERAGING A 15-STROKE MARGIN OF VICTORY IN THE INAUGURAL SEASON

- Gloria Cho
- Jaci Cress
- Brooklynn Garcia-Holloway
- Camille Lebel
- Gabriella Seifert
- Sophia Suess



GIRLS GOLF

2 TCIS PLAYER OF THE YEAR AWARDS PLUS TWO TCIS COACH OF THE YEAR AWARDS

- Colin Lebel '25, *Baseball*
- Liza Pridgen '26, *Girls Lacrosse*
- Head Coach Chris Dotolo, *Baseball*
- Head Coach Rebecca Stone, *Softball*



BOYS LACROSSE

1 STATE CHAMPION AND ONE INCREDIBLE SPRING SEASON

- Michael McKnew
- VISAA Division I Track and Field 800m



GIRLS LACROSSE



GIRLS SOCCER



SOFTBALL



BOYS TENNIS

TRACK AND FIELD

IN THE SPOTLIGHT:

Performing Arts



Upper School Musical, *Mean Girls JR.*



Spring Dance Showcase



Upper School Cabaret



Grade 3 Spring Concert



Prekindergarten, Kindergarten and Transition Concert



Middle School Musical, *You're a Good Man Charlie Brown*



Grades 4 and 5 Spring Concert



Middle School Combined Concert



Grades 1 and 2 Spring Concert



Upper School Combined Concert



ALUMNI SPOTLIGHT

KRISTIN HOPKINS '11

The qualities that make Ms. Kristin Hopkins '11 so successful today have been evident since her very early days at Cape Henry Collegiate. She has, as one teacher put it, "greatness in her DNA."

But Ms. Hopkins puts more stock in nurture over nature and credits her 12 years at Cape Henry with shaping who she is today. Since graduating from Cape Henry in 2011, Ms. Hopkins earned her bachelor's and law degrees from William & Mary and went on to clerk for the New Jersey Superior Court. Now, she is an entertainment lawyer at A&E Networks, home of A&E, Lifetime and The History Channel.

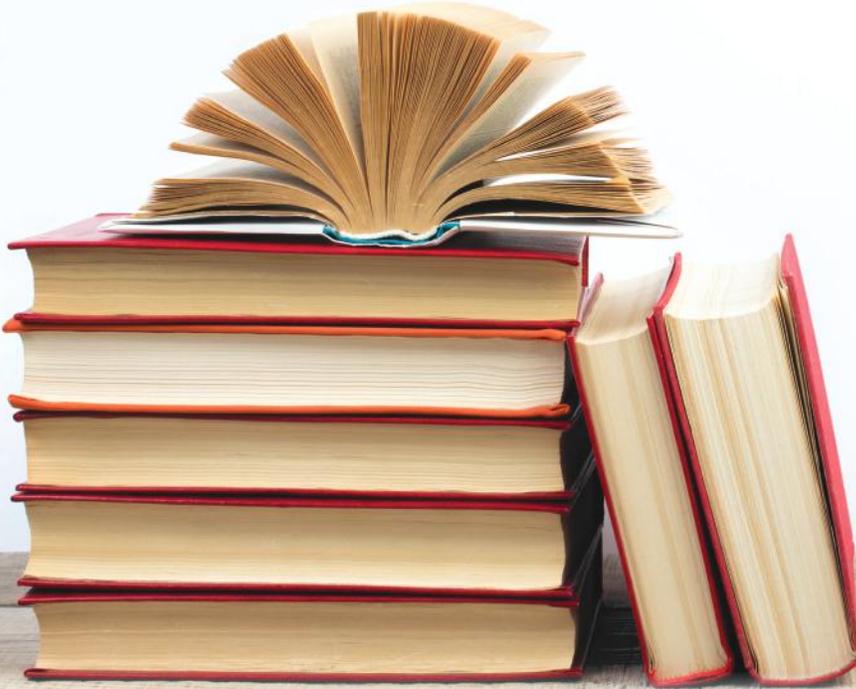
Just as she did at Cape Henry, Ms. Hopkins advocates for diversity. Today, her platform is much larger: she recently published an article in the *Harvard Journal of Sports and Entertainment Law* about color-conscious casting in show business.

Ms. Hopkins' chorus teacher, Mr. Sammie Logan, remembers her as a natural leader whose talents extended far beyond his classroom. As an Upper School student, she led a student diversity club and organized a diversity conference on campus.

"Her oversight was apparent in every aspect of the conference, from securing presenters to helping schedule breakout sessions for the entire school," Mr. Logan says. "There is no wonder she continues to do great things."

In February, Ms. Hopkins returned to campus to join the all-school celebration for Black History Month. Under the direction of Mr. Logan, the Upper School chorus sang *Lift Every Voice*, with Ms. Hopkins joining as a special guest performer.

The visit was an opportunity to reconnect, celebrate diversity and witness the strength of the Cape Henry community. Mr. Logan and Ms. Hopkins both describe the experience as a "joy" — much like her 12 years here.



WHERE ARE THEY NOW?

Mrs. Arlene Ingram

What did you do at CHC and for how long? I began my career at Cape Henry in 1976 when the very young school had about 250 students. I started as an unpaid intern and ended up as the Director of College Counseling and Assistant Head of School!

How are you currently spending your time? I travel, read and play pickleball and ping pong. I volunteer at a few places and walk on the beach every chance I get. And I truly enjoy the continuing, life-giving Cape Henry connections with the retired faculty family.

What have you missed the most? Without a doubt, working with the students and their families. I loved every day when I went to work, as it was a perfect fit for who I was, what I believed and what I wanted to do.



ALUMNI NOTES

MR. RAY MAIELLO '87

Mr. Maiello's production company, Radiant Media Studios, premiered the film *My Dead Friend Zoe*, which earned the prestigious title of the #1 best new movie of 2025 on Rotten Tomatoes.



MRS. COLBY MURPHY '97

Congratulations to Mrs. Murphy and her Truist team for being recognized as a top 10 wealth management team in Virginia.



LT. TAYLOR CALLEY '11

Lt. Calley is an officer in the Army Reserve Signal Corps, currently working on obtaining his master's degree in computer networking. Lt. Calley instructs mixed martial arts in his free time.

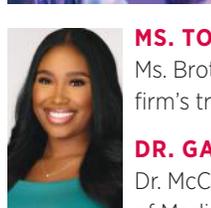
MS. ABIGAIL CLARK '13

Ms. Clark is the director of the Virginia Clean Marina Program, co-lead of NOAA's Mid-Atlantic Marine Debris Prevention, Education, and Outreach Community of Practice, and a student at the University of Edinburgh.



MR. ALEX GHENEA '14

Congratulations to Mr. Ghenea on his first Grammy award! Mr. Ghenea is a music producer, writer and mixer who has worked with Ariana Grande, Dolly Parton, Maroon 5 and many more.



MS. TONECIA BROTHERS-SUTTON '15

Ms. Brothers-Sutton is an associate attorney at Jackson Lewis P.C., specializing in the firm's trials and appeals practice group.



DR. GARRISON MCCRAY '15

Dr. McCray graduated from Emory University School of Medicine, and his next stop is an internal medicine residency at NYU.



DR. SKYLAR JOHNSON '16

Dr. Johnson graduated from Vanderbilt University and was matched with a residency in anesthesiology at Brown University along with her husband Dr. Nicholas Hoyt, whom she married in June.

MR. CHASE CLARKE '18

Congratulations to Mr. Clarke on winning at the St. Croix Bassmaster Open at Clarks Hill Reservoir in Georgia. "I've worked my whole life for one of these," Mr. Clarke said. "It's a dream come true."



MS. SYDNEY DUDLEY '18

Class of 2018 alum and current assistant field hockey coach Ms. Sydney Dudley was recently engaged to Mr. Jeffrey Butler. Ms. Dudley is currently enrolled in a two-year program at The Medical University of South Carolina.

MS. MAKENNA DETORRES '20

Ms. DeTorres has published her first book of poetry titled *01/26*. She collaborated with her best friend Ms. Allie Angelo '20, whose talent graces the cover and inside artwork.





MR. SAM STANTON '20

Mr. Stanton graduated from the Pamplin College of Business at Virginia Tech in December. He is working as a contractor with Universal Creative's Parkwise Systems team at the Epic Universe theme park.

MS. FINLEY STOOPS '21

Ms. Stoops attends Old Dominion University, where she is pursuing a degree in business administration. She also serves as the acting secretary for the Old Dominion University Propeller Club.



MR. NICO CRUZ '22

Mr. Cruz and his band, Decibel Park, have built a steady following in the Boston area, where they also attend Northeastern University. The group recently released their debut single on Spotify.



MR. KADEN ZELIFF '22

Mr. Zeliff recently studied abroad in Antwerp, Belgium. He is pursuing an international business degree at James Madison University.



ALUMNI STUDENT-ATHLETE PANEL



Keynote speakers Mr. Peter Pearson '14 and Mr. Will Mason '12 along with our ten alumni panelists shared their experiences and insights with student-athletes and parents in January.

BLACK HISTORY MONTH CELEBRATION



Thank you to our alumni for joining us for breakfast and our all-school celebration for Black History Month!

WELCOME BACK TO CAMPUS

STAY CONNECTED

KEEPING YOURSELF INFORMED ABOUT SCHOOL NEWS AND UPCOMING EVENTS IS EASY!

SCHEDULE A TOUR



See How Cape Henry Has Grown and Visit with Faculty and Staff

Contact Director of Alumni Relations Mrs. Margo Winans '89 to schedule a tour at margowinans@capehenry.org.

SUBMIT AN ALUMNI NOTE / UPDATE INFO



Submit an Alumni Note or Update Your Contact information

Have exciting news to share with the Dolphin community? Recently moved or changed email addresses? Visit capehenrycollegiate.org/alumninotes to send an update to the alumni office.



SAVE THE DATE



Join Us in November for an Alumni Art Show

If you are an alumni artist and are interested in being featured in the new Wood Family Gallery, please email margowinans@capehenry.org for more information.

ENGAGEMENTS, WEDDINGS AND BABIES!

1 Ms. Brittany Bertolino '08 and Mr. Jonathan Speight '07 will exchange vows in September 2025. **2** Mr. Joshua Gordon '14 and Ms. Lucy Willis '15 are set to tie the knot in June 2026 in Middleburg, Virginia.

3 Mrs. Lindsay Castleberry Candler '13 and her husband Jake married at the Kellett Chapel in Atlanta, Georgia in September 2024.

4 5 Mrs. Lauren Robbins Metser '15 married her husband Royi at the Biltmore Hotel in Coral Gables. In attendance: Ms. Caroline Albert '15, Ms. Colleen Rodgers '15 and Ms. Gabby Goodall '15. **6** Mr. Jason Freidman '14 and his wife Micayla were married on January 11, 2025 at the Cavalier Golf and Yacht Club. **7 8** Mr. Tommy DiBona '15 and his wife Adair wed in Hilton Head on March 29, 2025. Seven Cape Henry alums attended!

9 Mrs. Sophie Hannah Jobson '15 and her husband Austin wed on April 26, 2025 at The Market at Greden in Virginia. **10** Mr. Hunter Atheron '15 and his wife Addy wed on April 18, 2025 at Boone Hall in Mt. Pleasant, South Carolina.

11 Roman Fisher was born on January 13, 2025, bringing joy and happiness to Mrs. Maddy Fisher '14 and her husband Riley. **12** Mr. Alex Elliott '08 and his wife Meaghan welcomed their second daughter, Gabriella Marie, on March 11, 2025. **13** Coleman John Christianson, son of Mr. Chase Christianson '14 and his wife Haley, arrived February 3, 2025. **14** Mrs. Morgan Starks '10 and her husband Andrew welcomed their son Wesley on March 24, 2025. **15** Mrs. Morgan Speight Albiston '09 and her husband Chris welcomed baby Bennett Hayes September 2, 2024. **16** Baby Quincy joined big sister Georgia and parents Mr. Luke Kohart '10 and Mrs. Jacquie Kohart on February 28, 2025.



WHY I GIVE: Sara Wood Will

By Mrs. Julie Whitmore Scherrer, *Major Gifts and Endowment*

Art can educate, inspire, bring people together and even communicate a history.

Cape Henry's newly named Wood Family Gallery does just that.

This year, Cape Henry parent Sara Wood Will and her husband Eric named the second floor gallery in the Clarke+Ervin Center for Innovation and Performing Arts, in honor of Sara's late mother, father and brother. The Wood Family Gallery represents the best of her brother Vince, father Breck and mother Linda. "Vince loved exciting and innovative spaces and experiences," she says. "My father was a generous forward thinker and businessman. My mother loved being a teacher, administrator, mentor and student advocate. Education was always one of her top priorities."



Breck, Vince, Linda and Sara dressed up for a family Easter celebration 1981.

Vince Wood, Sara's brother, never knew a stranger. He loved his two children and his family with every fiber of his being and often was a force to be reckoned with — a quality that proved useful when his son "Little Breck" was diagnosed with cancer at the age of six.

While Breck (and Vince) were residing at St. Jude's Children's Hospital, Vince called Cape Henry to enroll Breck for the upcoming

school year. Never mind that his son was living at the hospital because of a life-threatening cancer. Never mind that the doctors did not know how long his treatment would last, or for that matter, if it would even be successful. Breck was going to get well, come home and begin school at Cape Henry, because Vince said so. Not only was Breck enrolled in Lower School later that year, he went on to graduate from CHC in 2012, as did his younger sister Freeman in 2014. Vince never doubted such a positive outcome.

Sara credits Vince's strong will and love for his family to their parents, Linda and Breck Wood. William Breckinridge Wood was the quintessential entrepreneur. Growing up on his family's farm in Virginia Beach, he learned the value of hard work, dedication, perseverance and humility. His lifelong ambition may not have been in real estate, but after the passing of his father, Breck did what was necessary for his family: He took over the business. Always putting the needs of others before his own was just part of the way he took care of his family and his community, according to Sara, who calls him one of the most giving people she has ever known.

Sara's mother, Linda, was the heartbeat of the family. A career educator and devoted mother and grandmother, she was present in every way that defines loving involvement. She was always a welcome sight at Cape Henry, quick to smile and offer a hug. She was often seen in the hallways or on the sidelines cheering on every child, not just her relatives. In talking about her mother, Sara reflected, "I try to be half of the woman that she was."

To name the gallery, Sara and Eric Will made their largest single donation to Cape Henry, following Sara's generous history of philanthropy over the many years she has been involved with the School.

"These three amazing people made me the person that I am today," Sara says. "They deserve to be remembered for their strength and courage and contributions to our family and the community. I see it as my duty and obligation to pay their unconditional love and generosity forward. It's the least I can do to honor them in this way."



Sara Wood Will, her husband Eric Will and their children Gavin Hewitt '22, Will Hewitt '26, Elliot Hewitt '31, Aiden Will '30 and Kohen Will '28

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We are proud to acknowledge the members of our Everett Society who demonstrate exceptional generosity by supporting the Cape Henry Fund with an annual gift of \$1,500 or more.

The Cape Henry Fund is a vital financial resource that enhances every aspect of the student experience. It supports our family of funds, campus improvements, special initiatives and emerging needs. Most importantly, it empowers our students to pursue excellence in academics, athletics and the arts.

We are deeply grateful to those who have answered our call and made a meaningful contribution to the School Fund at the Everett level since July 1, 2024. Your support makes a lasting impact on the lives of our students and the future of our school.

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11

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