

WINTER 2021-2022

# shady side

academy

## THE BIG *Chill*

Mental Health  
and Wellness  
Programs Support  
PK-12 Students

HOMEcoming 2021 • DOUG HENRY '87 • KALI ARNOLD '94



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The Senior School presented five performances of *She Kills Monsters*, on Nov. 4-7, in the Peter J. Kountz Black Box Theater in the Hillman Center for Performing Arts.

# WINTER 2021-2022 contents

## FEATURES

- 12 Homecoming 2021
- 18 The Big Chill: Mental Health and Wellness Programs Support PK-12 Students
- 24 Alumni Profile: Doug Henry '87
- 28 Alumni Profile: Kali Arnold '94

## ALSO IN THIS ISSUE

- 2 President's Message
- 4 Around the Academy
- 32 Sports Briefs
- 36 Alumni Events
- 38 Class Notes
- 42 In Memoriam
- 45 From the Archives

**Our sincerest apologies for the following errors that appeared in the summer 2021 issue of *Shady Side Academy Magazine*:**

In the In Memoriam section, the class year of Kenneth Simon '71 was mistakenly omitted from his father Richard Simon's '39 obituary, and the family names of Richard Thornburgh and Peter C. Abernethy '89 were misspelled.

In From the Archives, Paul Martha '60 was incorrectly identified as a Morningside Bulldog. According to his teammate Jim Hackett '61, Martha was a Wilkinsburg Hornet.



# President's Message

DEAR SHADY SIDE ACADEMY COMMUNITY:



A couple of years ago, when I first returned to Pittsburgh as SSA's new president, I asked our entire faculty and staff a question designed to help me and the school community better understand the unique value of a Shady Side education:

If Shady Side Academy ceased to exist, who would go unserved in Pittsburgh and beyond?

This question invites and challenges us to differentiate SSA from other schools in our region, and to identify the special qualities we want to build upon – now and into the future.

It has never been more important for Shady Side to “**compete to be unique.**”

With this driving purpose, our administration, faculty and staff spent extensive time and energy last summer reflecting upon and distilling our market position and the distinct educational service the Academy provides in Western Pennsylvania. This was important and inspiring work.

At the outset, we wrestled with the following questions:

- What is Shady Side's DNA, and what should never change at the Academy?
- What inherent structural advantages give SSA a competitive edge?
- What is currently inspiring Pittsburgh's economy and culture?
- How are COVID-19 and other societal forces changing education?
- What is currently happening at SSA that foreshadows the future we want for our school?

As the process evolved, we came to affirm Shady Side's special opportunity to **deliver a unique and valuable education for families and bright, curious students who:**

- **Want small classes and big opportunities.**

We are small enough to know, support and care for individual learners, but also large enough to offer a program where all students can find their place to lead and succeed, often on the biggest stage and under the brightest lights.

With the combination of our intimate and highly relational teaching, coaching and advising models, and an overall enrollment nearly twice that of our largest local peer independent school, we pair the closeness typically found in independent schools with the programmatic breadth and the fulsome community scale and spirit of a large public school district.

- **Seek real-world learning and to become the leaders of a connected, digital future.**

As Pittsburgh continues to evolve as a hub for research, innovation and design, SSA has made strategic investments in these areas over the past two decades that allow the Academy a unique opportunity to develop leaders at the nexus of technology and the liberal arts. And with all that is happening in our city and region, we have the unique ability to provide our students with the real-world learning experiences that will prepare them to become ethical, humane leaders in an increasingly digital world.

Artificial intelligence, smart robots, augmented reality and other advances suggest the future of our global economy is digital and rapidly changing. Shady Side stands out in its capacity to produce the leaders who will humanize this digital future, lending it an ethical dimension and ensuring it all serves to strengthen our communities.

- **Desire a balanced, informed worldview.**

We pair Western Pennsylvania's most geographically diverse student body (107 ZIP codes, 13 states and eight countries) with a broad and balanced curriculum, challenging students who see the world in remarkably different ways to engage in a dialogue that is essential to expansive thought and responsible leadership.

Given the manifold perspectives that make up our community and program, Shady Side has an unparalleled opportunity in our region to help students confront differences and grapple with views and opinions they do not hold themselves. We position our students uniquely to practice civil discourse and develop the humane, constructive relationships that will help our nation and world bridge divides.

As an English teacher, I learned to appreciate the distinctive style of poet E.E. Cummings, always spare and precise, employing a few key words eccentrically placed on the page. Cummings often noted the challenges inherent in achieving such singularity in art, once writing that: “To be nobody but yourself in a world doing its best to make you everybody else means to fight the hardest battle any human can ever fight and never stop fighting.”

At Shady Side, we are committed to “being nobody but ourself” and building upon this self-knowledge and singularity as we seek to continue delivering on our timeless mission of challenging students to think expansively, act ethically and lead responsibly.

Inspired by this mission, Shady Side remains a leadership engine for our city and beyond. This value was embedded at our inception, as the pioneers of the American steel industry founded a preparatory school designed to ensure next-generation leadership for what they envisioned would become the great, enduring industrial city of the 20th century.

Though our city and world are changing rapidly in ways that would be unrecognizable to our founders, we remain committed to the purpose of inspiring and developing leaders – *and in a way that only we can.*

Sincerely,

A handwritten signature in dark ink, reading "Bart". The signature is fluid and cursive, with a large, stylized "B" and a trailing flourish.

Bart Griffith '93  
President

**“At Shady Side, we are committed to ‘being nobody but ourself’ and building upon this self-knowledge and singularity as we seek to continue delivering on our timeless mission of challenging students to think expansively, act ethically and lead responsibly.”**

– President Bart Griffith '93





## Niche Ranks Shady Side the Best Private K-12 School in the Pittsburgh Area

A dark green, star-shaped seal with a white border. At the top, the year "2022" is written in white. Below it is a white circle containing a stylized "N" and three wavy lines. Underneath the circle, the word "NICHE" is written in white, followed by "BEST SCHOOLS" in a smaller, white, sans-serif font. The seal is attached to a blue ribbon at the bottom.

## NATIONAL MERIT SEMIFINALISTS

Seven members of the Class of 2022 were named semifinalists in the 67th Annual National Merit Scholarship Program. These academically talented students will continue in the competition for 7,600 National Merit Scholarships worth more than \$30 million that will be offered in spring 2022. The SSA semifinalists are **Baramée Bhakdibhumi, Braden Crow, Grace Greeno, Jack Hathaway, Jamila Snyder, Prayag Vemulapalli** and **Anker Zhao**. An additional 11 seniors were named National Merit commended students.

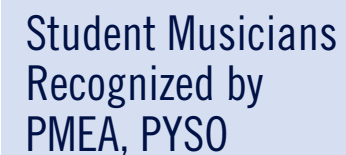
## AWARDS & ACHIEVEMENTS

## Junior Wins Two Voice Awards in YoungArts National Competition

Junior **Sloane Simon** won two voice awards in the 2022 YoungArts National Competition, receiving an Honorable Mention Award in the Voice/Popular (Pop) category and a Merit Award in the Voice/ Singer-Songwriter category. In 2021, Simon competed on Season 19 of *American Idol* and had more than 30 performances at regional events and venues, including singing the National Anthem at Heinz Field for the WPIAL 2A Football Championship on Nov. 26. She also has released three original songs on streaming platforms including Spotify and Apple Music.



Senior **Katy Appelman** became the first female to achieve the distinguished rank of Eagle Scout in the Japeechee District and the Laurel Highlands Council of Scouts BSA, formerly Boy Scouts of America. Appelman joined Scouts BSA in 2019 and is a member of Troop 9380 in Fox Chapel. For her eagle project, she chose to remove a non-native invasive plant species, Japanese Barberry, from a one-acre section of North Park. The dense bushes block sunlight from the forest floor, making it difficult for anything else to grow, and can harbor large tick populations.



Sophomores **Otis Liu** and **Hari Viswanathan** have both been selected to the Pennsylvania Music Educators Association (PMEA) District 1 Honors Jazz Festival. Viswanathan was selected as the top pianist in the district, while Liu was selected as an alto saxophonist. The Jazz Festival will be held Feb. 4-5 at Seton Hill University.

Sophomore **Sophia Jho** was one of only two harpists selected to perform at the 2022 PMEA All-State Festival after an online audition process. Jho will perform with the All-State Wind Ensemble at the festival, which will be held in April 2022. Jho and sophomore violinist **Sadie Navid** were also selected as members of the Pittsburgh Youth Symphony Orchestra (PYSO) for 2021-2022.

Junior **Grant Cummings** was one of only nine clarinetists from more than 500 high schools in Western Pennsylvania selected to perform in the PMEA District 1 Honors Band Festival, and junior **Hannah Song** was one of only 12 violists from more than the 500 high schools selected to perform in the PMEA District 1 Honors Orchestra Festival.



Senior **Karen Linares Mendoza** was selected to the College Board National Hispanic Recognition Program for 2021. The program recognizes Hispanic American or Latinx students for their academic achievements and outstanding performance on the PSAT/NMSQT, and highlights their achievement to more than 1,500 colleges across the country.

## Middle and Country Day School Address Changes

In spring 2021, Fox Chapel Borough renamed Squaw Run Road East to Riding Meadow Road and assigned names to many of the unnamed private lanes off of that road. As a result of these changes, Shady Side Academy Middle School and Country Day School both have new street addresses.

The Middle School's street address changed from 500 Squaw Run Road East to 100 Benedum Lane. The previously unnamed private lane the campus sits on was named in honor of the Benedum Family, who have been dedicated supporters of SSA for many years. Generous gifts made to the Academy in 1957 by the Claude Worthington Benedum Foundation and Paul G. Benedum enabled SSA to buy the property that is home to the Middle School.

The private lanes leading to the SSA Country Day School campus were also given names, and the school's address changed from 620 Squaw Run Road East to 400 Christ Church Lane.



President Bart Griffith '93, Paul G. Benedum Jr. '50 and Board of Trustees Chair Jon Kamin '91 by the new Benedum Lane sign at the Middle School entrance.



## Senior School Pre-Med Club Students Observe and Simulate Surgeries

In December, the Senior School Pre-Med Club engaged in a series of activities simulating aspects of cardiovascular surgery in the McIlroy Center for Science and Innovation. SSA parent Dr. Forozan Navid, clinical director of cardiothoracic surgery at UPMC, facilitated the opportunities and provided small-group instruction on the nature and history of heart valves and the role of 3D printing in analyzing valves and vessels. Under the tutelage of UPMC cardiothoracic surgical residents, students had opportunities to dissect and suture pig hearts and aortas using a full suite of surgical tools. Representatives from Medtronic guided groups of students as they used training equipment to simulate the insertion of a stent via blood vessels.

A week earlier, the club had the opportunity to observe open-heart surgery replacing the aortic root at Allegheny General Hospital, and to ask questions of past SSA parent Dr. Thomas Maher Jr., a retired cardiothoracic surgeon.

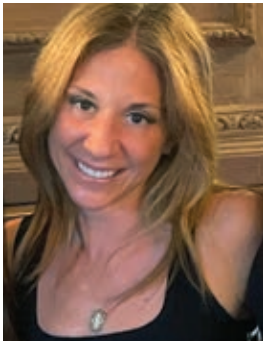


## Seniors Help Launch Bridges & Books Teen Literature Podcast

Seniors **Riley Doyle** and **Vanessa Han** are among a group of local teens who founded Bridges & Books, a Pittsburgh-based literature podcast created by and for teens, while senior **Inyaa Ashok** designed the podcast's logo. Bridges & Books features teen-hosted interviews with best-selling, award-winning and acclaimed authors of teen literature. It was created by a team of 10 teens with support from Kelsey Ford, creator of Bookish in the 'Burgh, Pittsburgh's teen book festival. Listen to the podcast on Spotify or Apple podcasts, or at [bridgesandbooks.com](https://bridgesandbooks.com)

## New Members of the Board of Trustees

Shady Side Academy named five new members to the Board of Trustees for the 2021-2022 school year. Current parent **Melissa Kawai** is vice president of Max Construction Company, a commercial contracting company, and Fox Chapel Marine, a boat sales and service marina. **Joe Reschini** is a current parent and president of The Reschini Group. Alumnus **Jim Ambrose '05** is the director of business development for Desmone Architects. Current parent **Lara Patrinos Bentz** is director, Patrinos Properties and Holdings. Alumnus **Doug Mancosh '76** is the founder and CEO of Rise Composite Technologies.



## Author Virtually Visits Middle School

Sixth graders at the Middle School had the opportunity to participate in a virtual author visit in October with Kelly Yang, author of the *Front Desk Trilogy*. Yang's books are inspired by her family's immigrant experience of working towards the American dream. Through her writing, she reminds students to work towards their dreams, because they do come true. The visit was made possible by the Pittsburgh Arts & Lectures Authors to Schools program. The Middle School was one of four schools selected to participate in a one-hour Q&A session with Yang.

## Unified Parents' Association Hosts a Trio of Successful Events for SSA Families

Families gathered in the Hillman Center parking lot at the Senior School for the first Academy-wide Tailgate Party, hosted by the Unified Parents' Association (UPA), on Sept. 24. Students, parents, faculty, staff, alumni and friends enjoyed the beautiful weather, food trucks, games and music before the Shady Side Bulldogs took on Sto-Rox for a Friday night football game under the lights.

On Oct. 28, more than 800 students, parents, faculty and staff – many in costume – enjoyed the Parents' Association's Haunted Walk at the Senior School. The 3/4-mile walk through the woods included spooks and surprises by live haunters (Senior School students) and culminated at a bonfire featuring hot apple cider and the good company of SSA friends.

Then, in December, the UPA sponsored the first Academy-wide Ice Skating Party at Schenley Skating Rink. Approximately 300 people from all four SSA campuses had a great time skating, drinking hot chocolate and laughing together. The SSA Spirit Store even hosted a pop-up store to help families with some holiday shopping.

Under the leadership of President Julie Golden, the UPA plans on hosting additional Academy-wide events throughout the remainder of the school year.







## Senior School Service Learning Club Collects Holiday Gifts for Local Children

Once again this year, the Senior School Service Learning Club collected gifts for the Holiday Project, sponsored by the Allegheny County Department of Health and Human Services (DHS). Senior School students, faculty and staff purchased holiday gifts for a total of 150 children who receive services from DHS related to maltreatment or homelessness.



### THIRD GRADE TOY DRIVE

Third graders at the Junior School collected donations of new and gently used toys, books, movies and sports equipment, and volunteered for the Play it Forward Pittsburgh Toy Drive as their annual class service project. The students spearheaded the school-wide drive from Nov. 29 to Dec. 16, collecting hundreds of donations which were provided for free to local families in need this holiday season. The class filled two school buses with donations and took a field trip to the David L. Lawrence Convention Center in downtown Pittsburgh to deliver the items and to volunteer with Play It Forward Pittsburgh by sorting and organizing donations.

## Middle School Sponsors Humane Animal Rescue Supply Drive

The Middle School Community Service Committee sponsored an animal supply drive to benefit Humane Animal Rescue from Oct. 12-29. Students, faculty, staff and families donated a total of 132 cans and nine bags of dog and cat food, 57 towels, two kitten milk replacers, six rolls of paper towels, 31 animal toys, two dog harnesses, and two dog crates and beds.



## SERVICE

### Holiday Food Drives Support Local Families in Need

Two lower school holiday food drives helped to support local families experiencing food insecurity this holiday season.

In November, second graders at the Junior School collected more than 1,000 non-perishable food items in the annual Second Grade Food Drive, and delivered the donations to the First Presbyterian Church of Edgewood on Nov. 18, in time to be distributed to needy families for Thanksgiving. The Junior School has partnered with the church on the annual food drive for more than 20 years.

In a school-wide drive during the first two weeks of December, Country Day School students collected more than 400 non-perishable food items for the Pressley Ridge Backpack Giveback program, which supplies food to local families who may be struggling to find their next meal.



## Sophomore Leads Gift Card Drive for Afghan Refugees

This fall, sophomore **Deven Nahata** organized a Senior School gift card drive to benefit Afghan refugees being resettled in Pittsburgh by Hello Neighbor. The 10-day drive yielded a total of \$600 in gift cards and \$200 worth of tickets to the Pittsburgh Zoo & PPG Aquarium. Nahata has organized several drives at SSA to benefit Hello Neighbor over the past few years, including a school supply drive in 2020-2021 and a household goods and toiletries drive in 2019-2020. Hello Neighbor is a nonprofit organization founded by alumna **Sloane (Berrent) Davidson '97** that supports resettled refugees in Pittsburgh.

## New Academy Administrators



**JIM ROHR JR. '92**  
Chief Financial and  
Operations Officer

James E. "Jim" Rohr Jr. '92 joined Shady Side Academy as its chief financial and operations officer (CFOO), on Jan. 3, 2022.

As the Academy's principal finance, business and operations officer, Rohr is responsible for budgeting, accounting, long-term financial planning, treasury management, investments, and asset and liability management. In addition to leading SSA's Business Office, he oversees human resources, facilities, campus safety, summer and auxiliary programs, and food service.

Rohr has dedicated the better part of his career to a series of executive leadership roles at Giant Eagle. Most recently, he served as vice president for pricing and merchandising analytics. Earlier in his tenure, he was vice president for customer relationship management, optimizing customer service resources and operational efficiency. He won the supermarket chain's Entrepreneurial Leadership & Innovation Award in 2016 and the President's Award in 2008, the highest award given in the company. Prior to entering the supermarket business, Rohr was a staff accountant at Urish Popeck & Co., where he helped lead tax returns, audits, inventories and business valuations.

In addition to being an alumnus, Rohr is also a former Shady Side trustee and a current parent. He and his wife, Shannon, have two sons, Jake '21 and Ben '23.

"Shady Side Academy has been part of my life for nearly 35 years. I'm excited and honored to join the team to help lead Shady Side into the future," said Rohr.



**JIM REEDER**  
Director of Campus  
Safety and Security

Jim Reeder is the new Shady Side Academy director of campus safety and security, effective Sept. 1, 2021. He oversees safety and security operations across all four campuses to ensure a safe

environment for students, faculty, staff, visitors and property. Responsibilities include: managing a team of security officers and guards; coordinating and implementing comprehensive safety policies and protocols; overseeing the Academy's crisis/emergency response plan; coordinating safety trainings and emergency drills for employees and students; chairing the Academy's Emergency Response Team; serving on the Enterprise Risk Management Team; and acting as a liaison with local police, fire, EMS and other authorities.

For the previous 15 years, Reeder served with the Butler Bureau of Fire, rising up through the ranks to become a fire lieutenant/EMT, where he was responsible for incident command, incident report quality control, new employee training and development, fire suppression and rescue, vehicle and general rescue, and fire safety education and training for local schools and businesses. During that time, he also served as a 911 emergency dispatcher for both Butler and Allegheny Counties.

"I am excited to begin this new chapter in my career here at Shady Side, and I hope to ensure our faculty, staff and students have the training, knowledge and resources to efficiently and effectively respond to any situation," said Reeder.





## STUDENT PERFORMANCES



### Third Grade Holiday Show

On Dec. 16, third graders at Country Day School performed the holiday show, "The Snowy Day," for parents and guests. The show was an original musical written by music teacher **Tami Fire** for **Laura Grief's** third grade class, and was based on the Caldecott Award-winning children's book *The Snowy Day* by Ezra Jack Keats.



### Senior School Fall Play

The Senior School presented five performances of the fall student drama, *She Kills Monsters*, on Nov. 4-7, in the Peter J. Kountz Black Box Theater inside the Hillman Center for Performing Arts. The cast and crew included more than 30 students ranging from seniors to freshmen, and was directed by Senior School Performing Arts Chair **Dek Ingraham**.

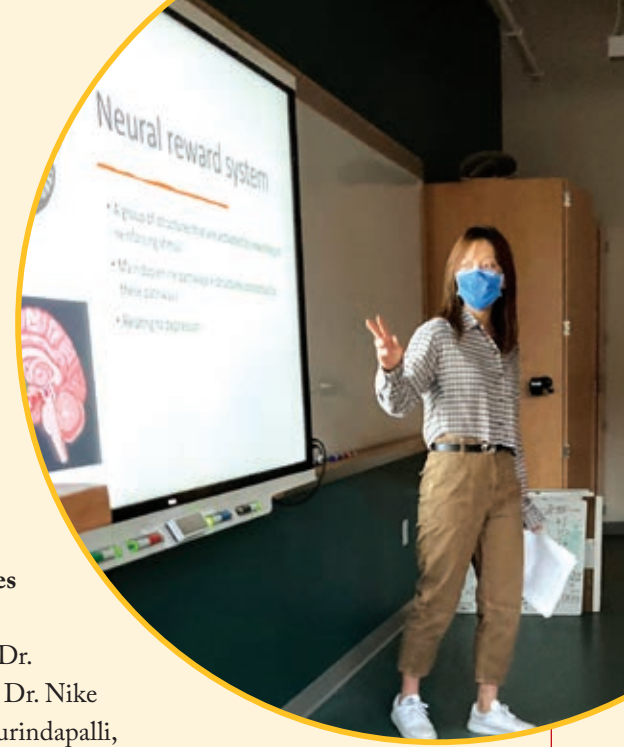


### Middle School Fall Play

The Middle School Drama Dragons presented the 2021 fall play *Dinner at Eight, Dead by Nine* on Dec. 2. Two performances were staged in the Middle School cafeteria – a school-day performance for students and an evening performance for parents and guests. The cast and crew included 12 students in grades 6-8 and was directed by English teacher **Camille MacRae**.

## Seniors Present Summer Science Research Work

In 2020-2021, 18 juniors participated in the Senior School's Science Research Seminar course, which focuses on advancing research skills and preparing students for summer research internships in labs. As part of the course, students were placed in collaborating research laboratories at the University of Pittsburgh, Carnegie Mellon University, George Washington University and Boston College this past summer to complete research internships. Then, in the fall, the 18 students, now seniors, presented their research and answered questions at the McIlroy Center for Science and Innovation on Oct. 12.



- **Baramée Bhakdibhumi, Emily Jordan, Angela Xue** and **Ariella Avigad** worked with Dr. Doug Weber at the Neuroscience Institute at Carnegie Mellon University on developing an electromyography sleeve array that would help paralyzed people control a computer or prosthetic arm by sensing distinct muscle flexes.
- **Isabel Brunner** and **Cecelia Messner** worked with Dr. Qihan Liu and Zefan Shao in the Lab of Soft Materials Mechanics and Manufacturing at the University of Pittsburgh, studying hydrogel adhesion at different water concentrations.
- **Jaidan Fahrny** worked with Dr. Duvvuri and Dr. Godse in the Department of Otolaryngology at the University of Pittsburgh, researching the evolution of procedures for neck dissection surgery and designing a poster to be presented at the American College of Surgeons Congress.
- **Grace Greeno** worked with Dr. Mark Rebeiz in the Department of Biological Sciences Rebeiz Lab at the University of Pittsburgh, studying fly genitalia and designer babies.
- **Gigi Horgan** worked with Dr. Sara Kuebbing in the Kuebbing Lab of Plant Ecology at the University of Pittsburgh, studying the impact of climate-driven phenological mismatch between wildflowers and deciduous trees and collected herbarium specimens for the Carnegie Museum of Natural History.
- **Daniel Huss** and **Prayag Vemulapalli** worked with Dr. Mayank Goel and Dr. Jill Fain Lehman at the Human-Computer Interaction Institute at Carnegie Mellon University, developing a computer interface to assist patients who have undergone Mohs surgery with their post-operative wound care procedure.
- **Daniel Lee** worked with a team of researchers at George Washington University on the OncoMX Cancer Biomarker Knowledge Base Project to develop a single, unified database of cancer genomic biomarkers.
- **Karen Linares Mendoza** worked with Dr. Casey Roark, Dr. Nike Gnanateja Gurindapalli, and Dr. Bharath Chandrasekaran in The SoundBrain Lab at the University of Pittsburgh on cognitive and neurobiological research that explores speech perception and auditory learning processes using EEG, pupillometry, and fMRI cortical tracking devices.
- **Owen Martens** worked with Dr. Wei Xiong in the Physical Metallurgy and Materials Design Laboratory at the University of Pittsburgh, researching a new type of bendable concrete and the feasibility of using it in 3D printing and future infrastructure on Mars.
- **Lochlan McGinnis** worked with Dr. Wei Xiong in the Physical Metallurgy and Materials Design Laboratory at the University of Pittsburgh to study the design, properties, manufacturing methodology and mechanisms of steels that utilize the transformation induced plasticity (TRIP) effect.
- **Tiffany Wu** (pictured above) worked with Dr. Erika E Forbes in the Affective Neuroscience and Developmental Psychopathology Lab at the University of Pittsburgh, exploring relationships between neural reward systems and negative mental health outcomes of LGBTQ adolescents due to victimization.
- **Melody Yuan** worked with Dr. Kathleen Kraemer in the Institute for Scientific Research at Boston College to study variable stars in the Small Magellanic Cloud, using IDL and data from NASA's WISE and Spitzer space telescopes.
- **Madison Zunder** worked with Dr. Morgan Fedorchak in the Department of Ophthalmology at the University of Pittsburgh on the NASA Project, whose ultimate goal is to design an eye-drop applicator for astronauts' use during long-duration spaceflights in microgravity.



# HOMECOMING 2021

BY LISA PAGE



What began as a spirited week for SSA students culminated with a weekend full of memorable moments and, most of all, a sense of gratitude for the opportunity to gather once again as a community in a place so many call “home.” Homecoming and Reunion Weekend 2021 was held October 8-10, and for the first time in the history of Shady Side, double reunion classes celebrated together. The classes ending in 0s, 1s, 5s and 6s joyfully gathered to reconnect and reminisce with classmates, teachers, coaches and friends. A milestone event for the Classes of 1970 and 1971 was the joint commemoration of their 50th Reunion.



On Friday, Oct. 8, Shady Side Academy welcomed home alumni, eager to reconnect and kick off the weekend. The first event of the day was the alumni panel at Senior School assembly, which gave students the opportunity to hear from three classmates from the 50th Reunion Class of 1971. President **Bart Griffith '93** moderated a Q&A panel that included **Charles Monheim '71**, **Dr. George Panzak '71** and **Jake Turner '71**. The participants answered questions about the importance of their SSA education, lessons learned and friendships that have lasted a span of 50 years. Following the assembly, several students and alumni gathered on the Mary Hillman Jennings Plaza for engaging conversations to further the discussion about life experiences and careers.

The highlight of Friday afternoon was the Gene Deal Fields Celebration. Several alumni and invited guests gathered and celebrated the extraordinary legacy of former Athletic Director **Gene Deal**, a beloved figure at Shady Side for more than three decades. The transformative project, on the lower fields of the Senior School campus, will be a state-of-the-art sports complex featuring a number of critical enhancements, including a multi-sport turf field and an improved spectator experience.

On Friday evening, Danica and President **Bart Griffith '93** graciously hosted the 50th Reunion cocktail reception for the members of the Classes of 1970 and 1971 at their Eastover home. From there, the 50th Reunion classmates and guests joined additional reunion classes from 1945-1976 under the tent on the Mary Hillman Jennings Plaza for a historic gathering. Classmates enjoyed reminiscing about their time at SSA on a campus that looks very different from when they were students.

**Jeff Varardi '66** was awarded the Robert E. Walker Award, while **Gab Harchelroad '15** was the recipient of the Paul R. Pigman '52 Prize.





# HOME COMING 2021-2022



Although rain was predicted for Saturday, the gray skies remained dormant and allowed for a very pleasant fall day. Saturday morning began with many activities on the Senior School campus including members from the Board of Visitors gathering for a meeting to hear updates on the Academy. Alumni, students and parents laced up their running shoes for the annual Al Stewart Memorial Shady Stride which included a Kids Fun Run for the first time. Others gathered across campus at the McIlroy Center for Science and Innovation for Coffee with the President and campus tours, led by student admissions ambassadors.

A sense of community was felt by all at the Kids Carnival and Blue & Gold Community Tailgate at the Grandizio Athletic Complex. Food trucks, inflatables and a petting zoo were among the many activities that were enjoyed by alumni, faculty, students and families. Blue, the new SSA bulldog mascot, made a big debut dancing to the song *Who Let the Dogs Out* alongside the SSA cheerleaders, while the crowd enthusiastically cheered them on.



A winning sweep by all four varsity athletic teams was another weekend highlight. On Friday afternoon, the field hockey team defeated Winchester Thurston, 3-0. Then, on Saturday morning, girls' soccer dominated Highlands, 7-0, while boys' soccer beat Kiski Prep, 4-0. The football team kicked off the afternoon with a big win, defeating Apollo Ridge 28-14, and alumni athletic captains from reunion classes were recognized at halftime.

Under the tent on the Mary Hillman Jennings Plaza on Saturday evening, the Classes of 1980-2016 celebrated their reunions. More than 200 guests mingled, reconnected and reminisced about their time at SSA.

The final gathering of the weekend paid tribute to the 76 alumni and faculty emeriti who we lost over the past two years. The Alumni Memorial Service was held on Sunday morning in Memorial Hall and it was a time of remembrance for the loved ones and friends of the dearly departed. **Augustus "Gus" E. Succop III '71** presided over the service and reflected during a talk titled, "In Search of a Pandemic of Gratitude."

Thank you to all our alumni, faculty, students and families who were able attend the first double reunion weekend. Mark your calendars for next fall as we celebrate classes ending in 2s and 7s. Glory to Shady Side!





# HOMECOMING

## Reunion Class Athletic Captains



## 50th Reunion Classes



### Class of 1970

Front row (left to right):  
Sam Joseph, George Magovern,  
Mike Abernethy

Second row (left to right):  
Bill Gurzenda, Steve McKnight,  
Gordon Nelson, Doug Day

Third row (left to right): Don Shaw,  
Larry Wechsler, Mike Casey,  
Rich Feinstein, Ben Garrett

### Class of 1971

Front row (left to right):  
Martin Walrath, George Panzak,  
Bill Oppenheimer, Bob McCarthy,  
Charles Monheim, Peter Hunter,  
Gus Succop, Jake Turner

Back row (left to right):  
Chip Manning, Graham Powers,  
Ken Simon, Tron McConnell,  
Tom McGough, Bob Heppenstall,  
Frank Morgan

Class of 1970



Class of 1971



THE BIG

# Chill

MENTAL HEALTH AND WELLNESS  
PROGRAMS SUPPORT PK-12  
STUDENTS

BY VAL BRKICH



Over the past two years, studies have found that more than 2.5 million children and adolescents are suffering from severe depression, yet less than half receive any type of treatment. Most alarming is that one in six youths reported contemplating suicide in the past year, up 44 percent since 2009.

Considering these sobering statistics, it's imperative that schools provide children with mental health support and resources.

Shady Side Academy has been actively taking steps to support the mental health and wellness of its students for the greater part of a decade, making sure they have the support, services and resources they need.



“Today’s students are troubled by fears and losses associated with an ongoing pandemic, our toxic national politics, the unhealthy dominance of social media in their lives, and the escalating pressures of both a highly competitive college admissions landscape and global economy,” said President **Bart Griffith ’93**. “That’s why it’s so vital to give them the support they need to manage stress and promote their mental wellness.”

Senior School Counselor **Creighton Runnette ’89** has seen an increase in students’ level of stress, as well as an increase in symptoms consistent with anxiety and depression for students who did not have pre-existing conditions prior to the pandemic.

“Some of the causes stem from the continued exposure to the stress, fear, uncertainty and social isolation due to the pandemic,” he said, “which results

in fewer daily interactions with natural support systems.”

He says right now the biggest challenge for many school counselors is securing outpatient mental health counseling for needs that extend beyond what can be provided in the school setting. “Most local providers are at capacity or are only providing services virtually.”

The good news is that SSA has increased its ability to serve Senior School students with preventative measures and school-based counseling through a new partnership with Allegheny Health Network (AHN)’s The Chill Project.

A mindfulness-based wellness program for schools that serves the needs of students, faculty, staff and parents, The Chill Project features dedicated professionals, a calming space and mindfulness instruction to help individuals reduce and manage stress, strengthen

resiliency and improve mental health in order to achieve a healthier life balance.

SSA is the first independent school to partner with AHN on The Chill Project, which launched in 2019 and partners with several area public school districts.

Senior School Director of Student Life **Chad Green** sees The Chill Project as a new and important component of SSA’s larger student health and wellness framework, the goal of which is to create the architecture and circumstances in which students are able to develop the skills, capacities and habits that will enable them to enjoy a lifetime of good health and wellness.

“The comprehensive nature of our partnership with Chill, across all four schools and including both faculty and parents, bodes well for our continued efforts to maintain a robust and healthy student culture,” said Green.

“THIS PARTNERSHIP WITH AHN HAS BECOME AN EXTENSION OF OUR COUNSELING DEPARTMENT AT THE SENIOR SCHOOL, HELPING TO PROVIDE A CONTINUUM OF CARE FOR OUR COMMUNITY BY SUPPORTING THE MENTAL HEALTH NEEDS OF OUR STUDENTS, PARENTS AND FACULTY.”

– Creighton Runnette ’89, Senior School Counselor



The Chill Project at the Senior School has three main components: an on-campus “Chill Room” on the third floor of Rowe Hall; mindfulness instruction provided by a full-time, school-based wellness educator; and on-site therapy provided by a full-time, school-based counselor. Wellness Educator **Danielle Bucci** and Counselor **Megan Tierney** work in collaboration with SSA’s own counselors to support the mental health of the school community. In the future, The Chill Project also will include a professional development component for faculty and staff and a parent education program.

The Chill Room features comfortable seating and soothing decor and has books, games, manipulatives and sensory tools. For the students, it provides a safe refuge in times of need.

“It’s a getaway and safe space from all the stress at school,” said sophomore **Dahlia Braver**.

Bucci has her office in the Chill Room, where she provides mindfulness support on a walk-in or appointment basis. She also delivers social-emotional wellness education to Senior School students through the freshman and sophomore health curriculum, as well as through advisory groups, class meetings and assemblies. In these group settings, she teaches positive coping strategies to help students manage daily stress and anxiety. She and Tierney collaborate to conduct monthly wellness sessions with boarding students as well.

Tierney has a private office across the hall from the Chill Room and provides outpatient therapy services on site to students in grades 8-12

identified by the SSA counselors as needing additional support. Students may also self-select into weekly therapy sessions to work on personal goals or self-growth. Topics addressed in therapy may include anxiety, depression, ADHD, relationships, trauma, grief/loss, LGBTQ+ support, or coping with life changes. Sessions are billed to the student’s health insurance.

“Having a full-time therapist is beneficial for numerous reasons: First of all, students have access to support from someone who knows them in the school environment,” said Tierney. “Additionally, the preventative and education services of The Chill Project provides students in acute need with the



copied strategies to get through their day and the knowledge that can continue to help them in the future.”

“Having a school-based counselor has also addressed the previous challenge we had of securing outpatient services for students,” Runnette said. “This partnership with AHN has become an extension of our counseling department at the Senior School, helping to provide a continuum of care for our community by supporting the mental health needs of our students, parents and faculty.”

At SSA’s lower and middle school campuses, efforts have been ongoing to promote the mental health and wellness of all SSA students. It begins at the Junior and Country Day schools, where you might not expect to find issues with anxiety. Not so, says Griffith.

“We know even our youngest learners often suffer from anxiety and depression,” he said. “They also experience and respond to these disorders very differently than teenagers and adults, making it critically important that elementary schools have things in place to identify the issues that might otherwise hide in plain sight.”

Junior School Counselor **Katie Boss** says she’s seen a marked increase in her students’ anxiety levels in recent years.

“Anxiety has always been one of the biggest reasons for referrals of students to me,” said Boss. “However, during the heart of COVID-19, the level of anxiety has definitely increased.” Unlike in past years, when anxiety was mostly due to separation from parents, Boss says it’s now more based on social issues. “Social skills overall have decreased for students,” she said. “It’s almost like they don’t know how to be around each other as closely or solve simple social problems like they have been able to in the past.”

Boss says it’s important to address mental wellness early on to give students the coping strategies and skills to deal with and hopefully overcome any obstacles they may face. Using a resource called e-DECA, Boss works to identify a student’s social and emotional needs and provide them with strategies and resources to help alleviate those needs.

She also teaches mindfulness and holds weekly wellness lessons for grades PK-5, to provide the students with the tools to address anxiety as it arises.

“Students respond well to the lessons,” said Boss. “Especially our youngest ones. I know a lot of our students take advantage of coming to my office to take a mental break or to talk it out with me when they really need it. My office becomes a safe place where they can come to calm down and relax.”

As for SSA’s overall wellness efforts, Boss says she thinks it’s a vital part of every child’s learning experience. “It needs to be, because every child needs to feel good about themselves before they are able to focus and learn any other subject matter. I hope that our efforts help every child learn to become their best whole self.”

**Claudine Runnette** serves as the school counselor at Country Day School. “Our wellness curriculum teaches students about feelings and what clues they can look for to help them know how a person might be feeling,” said Runnette. “We extend that further

by helping the students focus on where they notice their feelings in their body.

Is their heart beating faster? Did their breathing change?



Country Day School  
Counselor Claudine  
Runnette

**“WE HAVE SEEN MORE STUDENTS VERBALIZE THEIR FEELINGS OR ASK FOR HELP WHEN THEY ARE HAVING A PROBLEM, AND MORE FAMILIES PARTNERING WITH US IN MAKING SURE THAT STUDENTS RECEIVE THE SUPPORT THEY NEED IN OR OUT OF SCHOOL.”**

– Claudine Runnette, School Counselor at Country Day School

Are their muscles tight? Then we move into emotion management, where they learn healthy ways to calm their body down once they recognize that they are having a strong emotion.”

Some of the methods Runnette explores with her students include mindful breathing, finger breathing, finger labyrinths, counting, or even talking to an adult and letting them know how they are feeling. They also learn to pay attention to their thoughts and explore the positive benefits of self-talk.

Runnette says the results of Country Day’s wellness efforts have clearly been positive. “We have seen more students verbalize their feelings or ask for help when they are having a problem, and more families partnering with us in making sure that students receive the support they need in or out of school.” She says parents have told her how their child practiced belly breathing at home or even encouraged another family member to use self-talk when they were either upset or scared. “It shows our efforts are making a difference.”

**Dr. Claudia Henry** is the Academy’s director of personal counseling, and also the counselor at the Middle School. She says the biggest challenge facing kids is that our culture tells them that they have to have it all figured out – they have to know who they are and what they believe in by the time they leave middle school.

“In today’s culture, there is such a rush to label, a rush to adopt curated identities, an urgency to know all the answers,” said Henry. “There’s little room for kids to explore, to question and put on different hats in order to grow. The search for identity, which begins in middle school, is a long and challenging journey that is filled with successes, failures and anxiety – anxiety that is normative and adaptive as kids question and try to make meaning of themselves and the world around them.”

When it comes to personal counseling, Henry has an open-door policy for kids to talk about anything that’s on their mind. As issues present themselves, she responds by teaching kids adaptive strategies such as conflict resolution and how to modulate difficult emotions as well. She approaches it as “taking care of the soul” of her students.

“We’re here to mold, shape, encourage and help kids grow into empathic and caring human beings. Our job is to be there for the kids and give them opportunities to develop resiliency. We want them to understand that being confused, unsure or restless are all aspects of normative development. That being said, it is also important to know when you need help.”

The seventh and eighth grade health curriculum includes a mental health awareness series that covers what it means to be an adolescent from a developmental perspective. In addition, it covers disorders – eating disorders, depression,

anxiety, etc. – and asks students what they’re curious about. The series ends with a suicide prevention piece that empowers them with information and resources. As a result, she is seeing a higher level of sophistication from the kids.

“The results have been very positive,” says Henry. “The questions getting asked and the number of kids who understand mental health is significantly better. They’re better educated, aware and willing to talk. The kids now realize they have agency in these situations, and they aren’t afraid to get an adult when something arises.”

In addition to all of these programs, some Senior School students are also taking the initiative to promote mental health through clubs. The Mental Health Awareness and Research Club raises awareness of topics surrounding mental health, specifically mental disorders and understanding them more thoroughly through research and discussions. The Virtue Mental Club is a nonprofit that holds fundraisers to provide free mental health resources to marginalized communities such as therapists and support groups, and also seeks to destigmatize the subject of mental health.

“In the end, we want all SSA students to feel known and cared for and, with such foundations in place, resilient enough to overcome the unique adversities their generation faces at the moment,” said Griffith.





# DOUG HENRY

'87

**Innovating Solutions for  
Delivering Mental and  
Behavioral Health Services**

BY CRISTINA ROUVALIS /  
PHOTOS PROVIDED BY DOUG HENRY

**THE MAN HAD BEEN LIVING ON THE STREET,** his clothes ripped, his appearance bedraggled, his behavior erratic. Police picked him up at the park and brought him to an inpatient psychiatric unit at the Santa Barbara Cottage Hospital, where Dr. Doug Henry was working as a clinical psychologist.

The man told the clinical staff that he was an A-list director who had made movies that everyone in the room would know. Henry and the rest of the staff wondered if this was merely a delusion of grandeur in someone having a manic episode. After all, the man didn't look like Hollywood royalty. Given the circumstances under which he was brought in, it seemed unlikely. "But it turned out to be absolutely true," Henry recalled.

Once the director received treatment and started taking his medication regularly, he became more stable and was able to live independently again.

Henry learned an important lesson as a young clinician seeing a diverse roster of patients, from low-income people to A-list Hollywood celebrities. "You never understand where someone is coming from. Mental illness doesn't care about money. It is an equal opportunity challenge against all demographics."

Though those early experiences made him an empathetic clinician who believed in the transformational power of therapy, he wanted to find a way to reach a greater number of patients.

"On a good day as a professional psychologist, you could treat seven or eight people. Maybe you could provide meaningful help to six of them. Seeing what was going on in Southern California at that time, it became clear to me that this was a drop in the ocean. The need was so huge. Here I am working really hard and maybe touching half a dozen people a day. It felt like it wasn't enough."

With that goal in mind, he pivoted into mental health administration, creating quality standards and treatment plan protocols for mental health services. After four years as clinical supervisor at Santa Barbara County Alcohol, Drug and Mental Health Services, he moved back to Pittsburgh, where he has overseen mental health care at the highest levels.

As vice president of psychiatry and behavioral health at Allegheny Health Network (AHN), Henry is innovating solutions to help people with mental health treatment in the middle of a pandemic, when anxiety and depression rates are spiking.

"We see an increase in OCD (obsessive-compulsive disorder), eating disorders and generalized anxiety disorder," he said. "It is difficult to access good services right now because of the demand."

One positive of the pandemic is that the stigma of seeking mental health treatment has decreased, especially for young

people, he said. With celebrity sports figures such as Simone Biles, Naomi Osaka and Michael Phelps talking openly about their mental health struggles, it is now more acceptable to reach out for help, the same way we do for our physical health.

"Mental health hygiene is just a routine aspect of whole person care. It's just what you have to do to take care of yourself. The extraordinary pressure and stress of the pandemic has caused a decrease in stigma because the need for mental health support has become so common," he said.

But while the stigma has decreased among young people, it persists among people over 25, Henry said. "We see people who are in need of services but see it as a sign of weakness or incompetence." Some also worry that it could endanger their professional careers.

As an executive at AHN, Henry starts new programs to meet emerging needs, monitors the quality of services and hires therapists, among other duties. Because of the pandemic, the health system now provides 70% of its mental health services via video or phone – a trend that is expected to continue even after the pandemic. Allowing patients to talk to a psychologist or psychiatrist from the comfort of their home means fewer cancellations when someone can't access a babysitter or transportation.

**"Mental health hygiene is just a routine aspect of whole person care. It's just what you have to do to take care of yourself. The extraordinary pressure and stress of the pandemic has caused a decrease in stigma because the need for mental health support has become so common."**

– Doug Henry '87





**“Most psychologists are very competent in thinking about individual patients or individual programs, whereas Doug thinks with a much broader, longer-term vision about how to expand the scope of what we do and how they’re all interconnected.”**

– Anthony P. Mannarino, Director of the Center for Traumatic Stress in Children and Adolescents at AHN

Henry and his son, J.P., a current junior at the Senior School

“Doug has the best business mind of any behavioral health executive I’ve ever known,” said Anthony P. Mannarino, director of the Center for Traumatic Stress in Children and Adolescents at AHN. “Most psychologists are very competent in thinking about individual patients or individual programs, whereas Doug thinks with a much broader, longer-term vision about how to expand the scope of what we do and how they’re all interconnected.” Mannarino said Henry has increased the number of outpatient sites offering behavioral health services and also broadened the scope of outpatient treatment options for people who are acutely ill.

Improving mental health services not only helps people cope with the challenges of their lives, but it also drives down the overall cost of health care. If someone has an anxiety disorder and they don’t receive treatment, they might start having panic attacks. They may go to the emergency room under the mistaken impression they are having a heart attack. “They are having MRIs, and being checked for pulmonary embolisms,” Henry said. “If we can provide more effective behavioral health care, we’re going to save oodles of money.”

He also has overseen AHN’s new mindfulness program for schools called The Chill Project. The program provides a behavioral health educator to staff a “chill room,” a relaxing space where students can practice mindfulness techniques when they need a break and a school-based therapist. “We are in 19 schools currently, and it’s caught on like wildfire the past two years.”

The Chill Project debuted this year at Shady Side Academy Senior School. (see story on page 18).

“Doug is an innovator, an industry leader,” said Senior School Counselor **Creighton Runnette ’89**. “He’s also a parent. He’s an alum. He knows our community well, and he has been a trusted resource.”



**HENRY ENROLLED** at Shady Side in Middle School when it was still all-boys, and immediately took to the discipline and the academic rigor. “I thrived within the structure and order,” he said. “I also had a lot of fun.”

At the Senior School, he was inspired by many of his teachers, including English teachers Phil Entres and Jeff Miller. “They were big influences,” he said. Another fond memory is playing ice hockey on the pond with Dick Gregory, the late English teacher who was known for being great fun outside of the classroom. “I remember him for his youthful approach and the way he cared about winning. He was just like another kid out there.”

Henry also played golf, squash and lacrosse, and the talented athlete had to decide which sport to concentrate on when he went on to Dartmouth University. He ultimately opted to play on the squash team.

Henry double majored in psychology and religion. Psychology had always intrigued him because a member of his family suffered from mental illness, and he was motivated to help others overcome problems that incapacitated them.

He also developed an interest in human behavior as political divisions flared over the first Gulf War under then-President George H. W. Bush. The same arguments playing out on the news were breaking out on campus.

“I was looking at all of the friction between people on an interpersonal level. I wanted to understand what motivated behavior,” he said. “There was also a lot of divisiveness between men and women, because Dartmouth had a long history of sort of macho, male-oriented behavior. Dartmouth was the last Ivy League college to go coed. I think women were made to feel unwelcome” in certain places.

He earned a master’s in psychology at Duquesne University in 1994 before earning a doctorate in clinical psychology at Pacifica Graduate Institute in California.

After working in California, he moved back to Pittsburgh in 2006 to take a leadership role at UPMC/Western Psychiatric Institute and Clinic (WPI). He started as the clinical administrator for child and adolescent psychiatry and led teams working with children with autism, eating disorders and other conditions at both Western Psychiatric and Children’s Hospital. He emphasized integrated behavioral health, embedding psychologists and psychiatrists into primary care practices. In 2017, he became a vice president at AHN.

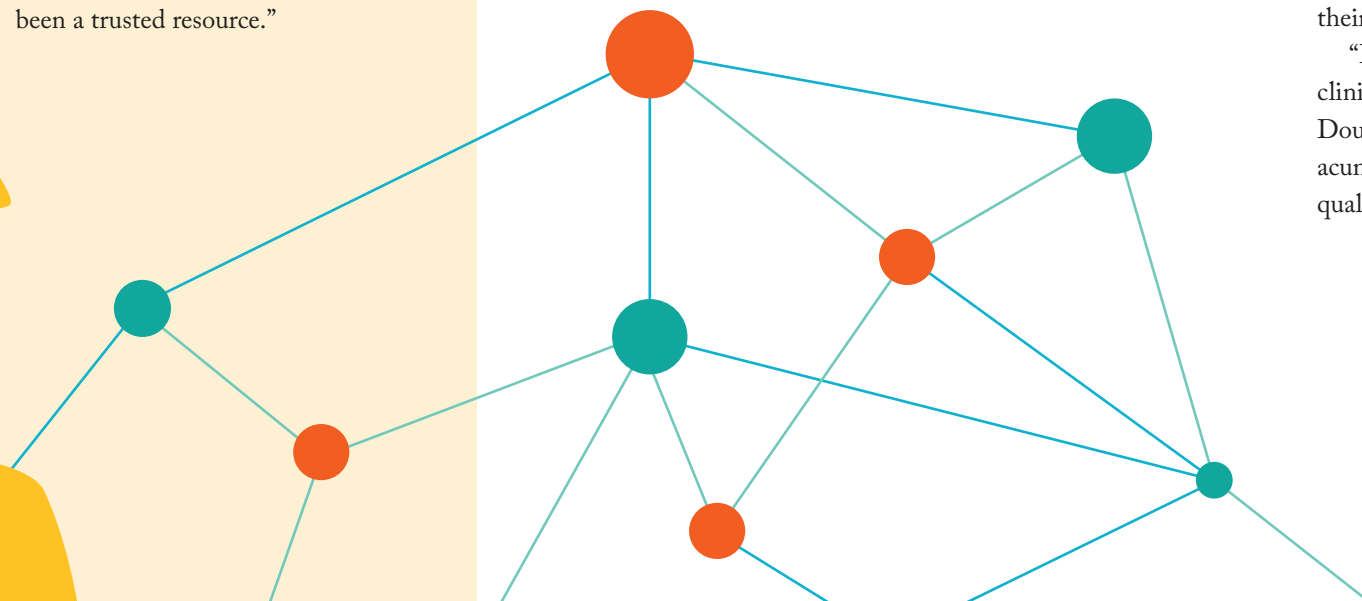
With the explosion of social media, Henry has watched adolescents struggle with anxiety and depression as they compare themselves to everyone else’s carefully curated and airbrushed lives online. “Beginning in 2008, you can really see social media and smartphone usage impacting our youth. It’s interesting to me that many of the tech executives don’t allow their children to use social media until they’re quite old. They really isolate them from technology.”

He also oversees the treatment of eating disorders, which predominantly affect females, but with a growing number of males. Twenty years ago, only 2% of the patients suffering from anorexia and bulimia were male. That percentage has increased to more than 10% now, he said.

Henry also has been reviewing current research on how the pandemic has hurt the social development of youth, especially young children in day care or preschool. “Even when we are not in lockdown and everyone is behind a mask, they cannot see the combination of people’s facial expressions matched with their tone of voice and behavior. It doesn’t allow people to develop social reciprocity and empathy. And older kids are suffering from the exact same dynamic.” For example, a high school student who is worried about an exam or an upcoming sporting event can get relief by sharing a simple smile with a friend, he said.

Even though he is an administrator, Henry still does therapy occasionally. His training and experience as a clinician have made him empathetic to the therapists he oversees and open to their suggestions, said his colleague, Mannarino.

“Doing behavioral health can weigh on people. Sometimes a clinician sees depressed people all day long, and it is stressful. But Doug remains upbeat and positive. In addition to his business acumen, he brings an extraordinarily positive and enthusiastic quality to our department.”





# KALI ARNOLD '94

## Teaching Mindfulness and Meditation in a Stressful World

BY CRISTINA ROUVALIS / PHOTOS PROVIDED BY KALI ARNOLD

When Dr. Kali Arnold told people she was walking away from her career as an orthopedic surgeon to teach yoga and Pilates, they stared at her in disbelief.

"You're crazy," everyone told her.

After all, she had spent four years in medical school and another six years in residency so she could do reconstructive surgery on ballet dancers, athletes and everyday people with foot and ankle injuries. She had a prestigious job title, a big house and other trappings of success.

"You can't leave," friends would tell her. "You have this great life. You're an orthopedic surgeon."

But it didn't feel like a great life to Arnold. It certainly wasn't what she envisioned in the 10 years she spent training to be a surgeon. She liked helping people walk or dance or play sports again, but she was disillusioned by a medical system that she felt was driven more by financial considerations than patient care. On call and stressed out, she felt pressured to bring in more revenue.



"I just felt like there had to be a different way for me to heal and connect with people on a different level," she said. "I felt like I had more to offer the world."

So in 2016, she turned to yoga, the practice that had gotten her through the last 10 years in the high-stress environment of hospitals. She also taught private lessons in Pilates and barre.

She set aside a nest egg by selling her spacious house and moving to a smaller one. She decided she would give herself one year to see if she could build up enough of a business to leave medicine and stay in this new career. Yoga teachers don't make the same six-figure salary as orthopedic surgeons, but that was okay with her. She wanted a simpler life. A smaller house. No more designer clothes and handbags, items that she had bought in an attempt to fill a void that couldn't be healed with stuff. She earned her certification to teach yoga, Pilates and reiki energy healing, and she taught at various studios before renting her own space and doing private lessons.

But she wanted to scale up the business so it reached more people. In 2019, she co-founded The Namaste Project, teaching meditation, mindfulness and yoga techniques to corporations and to students and staff in public schools. Arnold's business partner is a former school principal.

Their business took off during the pandemic, when stress levels among students, teachers and administrators skyrocketed.

"We like to call ourselves educational consultants," she said. "We help workplaces and schools bring mindfulness through a curriculum we have designed that involves meditation,

breathwork, yoga and social-emotional learning. We are teaching trauma-informed response for schools and in the workplace. We teach empathy and how to recognize trauma in yourself and respond to others with compassion and kindness."

Through The Namaste Project, schools and other institutions can access different levels of an individualized mindfulness curriculum. For example, level one introduces breathing exercises, light yoga and mindfulness activity at the start and end of the day. "The kids love it," Arnold said. "They want to feel calm. The beautiful thing about what we are offering is that it doesn't require a lot of expensive tools or programs. You sit and breathe."





They also offer training on how to replace in-school suspensions with more positive strategies. “We know suspensions don’t work. It doesn’t get to the root of the problem. If a kid throws a chair across the room, it’s not that he likes throwing chairs. He was triggered by something. He has stored trauma in him,” Arnold said. Instead, the Namaste Project works with schools to set up common areas equipped with soothing sounds, colors, textures and games that help children learn to regulate their emotions.

One principal said the program reduced the number of in-school suspensions from 38 to four in one year.

In an era of standardized tests, yoga and social interaction skills may sound like hippy-dippy extras, but Arnold believes they’re just as important as math and science.

So far, she said her company has signed contracts with schools in Georgia, Pennsylvania, New Jersey and Virginia. Her company has also started the Mindful Wellness Teaching Program in Atlanta, teaching sessions that help teachers deal with trauma through yoga and other techniques.



“I think it’s really important for teachers, and adults in general, to understand the science behind mindfulness. A lot of people think it’s esoteric, woo-woo stuff. But I can tell you as a physician myself, it is very much science. We talk about trauma and emotional regulation in the brain.”

Her private lessons for yoga, Pilates and reiki are also flourishing. The physical therapists she worked with as a surgeon refer clients to her. Clients appreciate her understanding of the human body and her approach to injury prevention.

Bryan Dow, vice president of global creative and brand marketing for David’s Bridal, has been practicing Pilates for 10 years, the last three with Arnold.

“She is the best Pilates teacher I have ever had,” he said. “My time with her has been transformational. Her approach to Pilates is individualized. As a doctor, she understands the body. She is a mind and body healer.”

## As a child growing up in Pittsburgh,

Arnold was so pigeon-toed that she would trip over her own feet. Her mother put her into ballet class at age 3 to help her walk straighter. She loved dancing and tumbling and found her true talents as an elite gymnast and competitive modern dancer.

In fact, she was one of the original dancers in the Abby Lee Dance Company before it became a televised phenomenon on *Dance Moms*. Because of her dance training, she excelled in floor exercise and also competed in vault with the Pittsburgh North Stars.

She attended high school at Shady Side Academy. “It was like a little utopia,” she said. She loved the small class sizes, the interaction with teachers and the close friendships. She also appreciated the sense of independence instilled in the students. “There was nobody giving you a hall pass. They treated us like adults. That really helped me when I went away to college.”



In her junior year, she tore ligaments in both ankles and had to take a break from gymnastics. She was treated at the UPMC Sports Medicine Program, headed by renowned orthopedic surgeon and past SSA parent Dr. Freddie Fu, who passed away in November 2021 at the age of 71.

Because she was interested in a career in medicine – and happened to be friends with Gordon Fu ’95, fellow Shady Side student and the son of the famed surgeon – Arnold had the unique opportunity to shadow Dr. Fu. The doctor, who repaired the joints of athletes ranging from NFL players to ballet dancers, inspired her to become an orthopedic surgeon herself. She also liked how Dr. Fu attracted a diverse group of residents and fellows in the traditionally white, predominantly male world of orthopedic surgery.

Although Arnold was offered gymnastics scholarships at several large universities, she turned them down in favor of the smaller class sizes at Vassar College. She majored in biology with a minor in African studies and performed in a dance troupe. She attended medical school at Meharry Medical College, a historically black college in Nashville.

She began her residency in orthopedic surgery, but was disappointed that the program felt unwelcoming to women and minorities.

On her 29th birthday, at the height of the residency stress, she received a gift certificate to a local yoga studio from her friends.

“Yoga?” she said. “I don’t do yoga.”

“No, you *need* yoga,” one told her.

She attended the class. “This is interesting,” she thought, and her gymnastics training made the poses fun to do. But when the students were instructed to hold a pose and breathe and meditate, she started crying. Loudly. Embarrassed, she ran out of the class and vowed never to come back.

Still, she came back the next week, only to cry again while doing a hip opener pose. It wasn’t until later that she discovered the reason for her strong emotions. “You hold negative energy in certain parts of the body, like the hips. So, when you do these deep hip stretches and you are there with yourself, breathing and sitting there, the emotions bubble up. You are literally releasing trauma trapped in your body,” said Arnold. Yoga led her to explore other forms of healing such as meditation.

After her residency, Arnold moved to Atlanta. Over the next three years, while working in two different orthopedic practices, yoga kept her grounded amidst the stresses of long hours at the hospital and nights on call.

“I always tell people that yoga literally saved me. I think if I didn’t have yoga at that time, I would have been clinically depressed, because I had so much anger, frustration and angst inside of me.”

Yoga also connected her to her inner voice, which told her that she should leave her medical career and commit herself full-time to her passion. “I was listening to my own voice. My clients stay with me not just because of my knowledge, but because I really love what I do.”

Now her life is simpler. She no longer shops in an effort to reduce stress. She spends her money on travel and experiences instead of things. She also incorporates self-care into the way she runs her own business, setting up boundaries.

“I always say there was a Kali before yoga and mindfulness, and a Kali after yoga and mindfulness.”







## BOYS SOCCER

**Captain:** Sam Farner

**Record:** 11-3

The boys had another strong season, winning the section title and earning a No. 3 seed in the WPIAL Class 2A Championship. The Bulldogs closed out the season with a 2-1 overtime loss to Ambridge in the WPIAL quarterfinals, finishing 11-3 overall. Seniors **Joe Anania** and **Sam Farner** earned All-WPIAL honors, and Farner was named All-State as well.

## FIELD HOCKEY – WPIAL CHAMPIONS

**Captains:** Jenny Woodings, Marnie McCormick

**Record:** 11-2

The girls field hockey team earned an 11-2 overall record en route to its fourth straight WPIAL Class A title, defeating Aquinas Academy, 1-0, in the championship game. The Bulldogs closed out the season with a 1-0 loss to Lancaster Mennonite in the first round of the PIAA Championship. Seniors **CeCe Messner** and **Jenny Woodings** earned All-WPIAL honors.

## BOYS CROSS COUNTRY

**Captain:** Thompson Lau

**Record:** 9-2

The boys cross country team ran to outstanding finishes in the section, finishing 9-2 overall. The Bulldogs placed fifth out of 26 teams at the WPIAL Class A Championships, with senior **Thompson Lau** placing ninth and sophomore **Liam Atkinson** placing 33rd to qualify for states. At the PIAA Championships, Lau placed 68th overall, while Atkinson finished 177th out of 259 runners.

## GIRLS CROSS COUNTRY

**Captains:** Ariella Avigad, Karen Linares-Mendoza, Emma Lammert

**Record:** 6-2

Girls cross country had a young team this year, with half of the squad being new or inexperienced. Yet the Bulldogs still achieved a winning season at 6-2 overall, showing great promise for next year. The team finished eighth out of 20 teams at the WPIAL Class A Championships. Sophomore **Chelsea Hartman** placed seventh at WPIALs to qualify for the PIAA Championships, where she placed 30th out of 251 runners.

## FOOTBALL

**Captains:** Andy Marous, Chris Sullivan

**Record:** 5-6

In its first year of a cooperative sponsorship of football with The Neighborhood Academy (see story on page 34), Shady Side earned a 5-5 overall record to qualify for the WPIAL Class 2A Championship. The No. 15-seeded Bulldogs closed out the 2021 season with a loss to No. 2 Sto-Rox, 61-8, in the first round of the WPIAL playoffs.

## BOYS GOLF

**Captains:** Wes Warden, Sam Bitzer

**Record:** 10-2

The boys golf team had a great season, qualifying for the WPIAL Class 3A Team Championships for the seventh straight year, where the Bulldogs placed fifth in the semifinals. Senior **Wes Warden** and freshman **Ryan Frohlich** both qualified for the WPIAL 3A Individual Championship, where they placed 16th and 23rd in the finals, respectively.

## GIRLS GOLF

**Captains:** Neely Nicholson, Delaney Mulderig

**Record:** 5-5

The girls golf team improved over last season's record and had a great group of returning golfers. Junior **Neely Nicholson** qualified to compete in the WPIAL Class 3A Individual Championship, where she tied for 24th place overall.

## GIRLS SOCCER

**Captains:** Autumn Casey, Gabby Hill-Junke, Sophia White

**Record:** 12-3-1

The girls soccer team won the section title and earned the No. 5 seed in the WPIAL Class 2A Championship. The Bulldogs advanced to the WPIAL semifinals, where they fell to No. 1 North Catholic, 3-1. The

team closed out the season with a 3-2 loss to No. 2 Southmoreland in the WPIAL consolation game. Seniors **Autumn Casey** and **Gabby Hill-Junke** earned All-WPIAL honors.

## GIRLS TENNIS

**Captains:** Vanessa Han, Kira Myers, Maya Leyzarovich

**Record:** 13-3

Girls tennis finished second in the section and advanced to the quarterfinals of the WPIAL Class 3A Team Championships, where the Bulldogs fell to Upper St. Clair, 3-2. The doubles team of sophomores **Elana Sobol** and **Rachel Nath** won the section title and finished as the runner-up at the WPIAL Championships and quarterfinalists at the PIAA Championships.

## Five Senior Athletes Sign with College Athletics Programs

Five seniors signed letters committing to college athletics programs in four different sports on Nov. 10, 2021, the first day of the NCAA signing period.

**Jaidan Fahrny** – Women's Ice Hockey, Clarkson University (NCAA Division I)

**Sam Farner** – Men's Soccer, Liberty University (NCAA Division I)

**Lauren Jochims** – Women's Rowing, University of Virginia (NCAA Division I)

**Maddie Lane** – Women's Ice Hockey, Chatham University (NCAA Division III)

**Jenny Woodings** – Women's Lacrosse, University of Florida (NCAA Division I)

Congratulations to our student-athletes!



## SSA Begins Cooperative Sponsorship in Football With The Neighborhood Academy

This fall, Shady Side Academy welcomed 11 students from The Neighborhood Academy (TNA) as members of the SSA football team, thanks to a new PIAA- and WPIAL-approved Cooperative Sponsorship of Football (co-op) agreement between the two independent schools. The co-op gives students at TNA, which does not have a football program, the opportunity to play for the SSA football team. Coincidentally, both schools' mascots are the Bulldogs.

"The cooperative sponsorship between Shady Side Academy and The Neighborhood Academy is the first such collaboration in SSA's rich football history," said SSA Director of Athletics **Sean Simmons**. "It provides student-athletes from both schools the opportunity to train and compete as one Bulldog team. It has been an absolute pleasure to see student-athletes from both communities coming together to work towards a common goal while creating positive lifelong memories."

"The cooperative effort has been exhilarating for our young men and our community," said TNA Director of Athletics Gary Shawley. "The SSA community has welcomed us with open arms, and the young men have blended together very quickly. It has

been a joy to watch them support each other during practice and enjoy each other's company off of the gridiron. I believe the two communities bonding together will forge lasting relationships not only on the field, but also off the field and for years to come."

The co-op further bolsters a longstanding relationship between SSA and TNA, both of whom are members of the Pittsburgh Consortium of Independent Schools. SSA alumnus **Rev. Tom Johnson Jr. '73** co-founded TNA in 2001 after 10 years as a teacher, coach and trustee at Shady Side. As TNA's head of school from 2001-2018, and now as headmaster emeritus, Johnson remains active in both school communities.

There are cooperative sponsorships in the PIAA and WPIAL in nearly every sport. The program is designed to help smaller schools come together to provide opportunities for greater participation. SSA and TNA have committed to the football co-op for at least two seasons (2021 and 2022), after which time the schools will evaluate the program and decide whether to continue it further.

"I am so glad that both schools have worked successfully to provide TNA's students the opportunity to participate in high school football and deepen an already strong relationship between two of our city's leading independent schools," said SSA President **Bart Griffith '93**.

**"It has been an absolute pleasure to see student-athletes from both communities coming together to work towards a common goal while creating positive lifelong memories."**

— Sean Simmons, SSA Director of Athletics





### Alumni Gathering: Washington, D.C.

Amalie and **Bill '78 Reichblum** hosted an alumni event in their Washington, D.C., home on Nov. 17, 2021. President **Bart Griffith** and former Athletic Director **Gene Deal** were in attendance to converse with alumni for the first in-person regional alumni gathering since 2020.



### Alumni Lacrosse Game

Alumni gathered over Thanksgiving weekend for a friendly game of lacrosse. In attendance were **Andy Braham '94**, **Michael DiMarsico '20**, **Blake Benko '18**, **Mac Ference '17**, **Spencer Smith '18**, **Colm O'Connor '19**, **Chaz Troutman '21**, **Spencer Todd '89**, **Jack Todd '21**, **Ronan O'Connor '19**, **Clayton Krol '17**, **Jack Naughton '20**, **Henry Mihm '16**, **Matt O'Connor '14** and **Jay Alexander '86**. The coaches for the day were SSA varsity boys lacrosse coaches **Cam Thompson**, **Creighton Runnette '89**, **JA MacDougall** and **Josh Frechette**.



### Alumni Wrestlers

Former Athletic Director **Gene Deal** and former SSA wrestling coach **Tim Giel** gathered with alumni wrestlers over the holiday break at Luke Wholey's Wild Alaskan Grill in Pittsburgh.

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Included in this section are news items received through Nov. 1, 2021.

## 1954

**Abraham Oseroff Jr.** writes: “I had a great summer 2021 teaching tennis to kids and adults at Camp Owatonna Christian Science camp in Harrison, Maine. I focused on rallying for more fun and friendship than match play.”

## 1964

**William Guy** writes: “Though this is somewhat old news (from last year, in fact), I am announcing the publication of *The Lyndoniad*, my would-be epic poem (in the modern manner) concerning Lyndon Johnson and the year 1968. Information is available at [www.willigamguy.com](http://www.willigamguy.com).”

## 1966

**Jack Smiley** writes: “I have now been a trial judge in Ventura, Calif., for more than 35 years. It’s time to retire. I have a great wife, a lovable dog and 11 grandchildren. I can still hit a golf ball, but not nearly as far as I did 55 years ago, playing with Whitehill, Tyson, Nelson, Merchant and others at Fox Chapel and the Field Club. It must have been the company I kept. Thank you all.”

**Jeff Varadi** was the 2021 recipient of the Shady Side Academy Robert E. Walker Award.

## 1968

**Bill Mullins** writes: “My wife, Pat Petrick, and I continue to enjoy medical practice in Bethesda, Md., with no immediate retirement plans. It’s been incredibly engaging, emotional work since the onset of the pandemic, exhausting at times, but gratifying, and hard to let go of. We’ve taken a few local trips, and we will see our son Tom and daughter Katherine over



## 1964

Former soccer player **Bill Gray** attended an SSA boys varsity soccer game in Ligonier, Pa., against Ligonier Valley. He said: “The boys and coaches were as nice as the parents and students, just the way I remember them from when SSA was my second home.”

Thanksgiving and Christmas. We are still being pretty cautious. Stay safe!”

**Ed Strauss** writes: “Anne and I are still savoring the memories of our COVID-defying, long-weekend visit to Pittsburgh in November 2020, with our two daughters. The city looked terrific, and we especially enjoyed our al-fresco get-togethers with Sara and **James Guttman** and Trish and **John Whitehill**. Our older daughter Louisa continues aggregating (buzz word alert) at Apple News, and Ellie is teaching 7th-8th grade social studies at the Cathedral School, both here in NYC to our great delight. Maybe Ellie will channel the immortal spirit of SSA Middle School’s Cam Witherspoon!”



## 1975

**Chip Keener, Alex Minno, Dave Bartley** and **Barry Snyder** met for dinner in Jacksonville, Fla., in May 2021.



## 1981

**Gary Middleton** met up with **Henry Klein '11** at SSA's Homecoming & Reunion weekend. Henry's mom, **Catherine Vodrey**, wasn't able to make the reunion (only the second one she's ever missed), but she enjoyed getting a photo from the guys: her prom date hanging out with her son.



## 1982

**Gregg Ficery's** forthcoming book *Gridiron Legacy: Pro Football's Missing Origin Story* has a new website, [www.gridironlegacy.com](http://www.gridironlegacy.com). Ficery spoke about the book at the 2021 Football Hall of Fame in Canton, Ohio, at the Pro Football Researchers Association conference. Also presenting was retired Executive Director of the Hall of Fame and PFRA founder Joe Horrigan.



## 1983

Four members of the Class of 1983 recently gathered for a long weekend visit on the shores of Lake George, N.Y. A great time was had by all, and the only wish is that it could have been for longer. Shown from left: **William Vodrey** (Cleveland, Ohio), **Neil Sandson** (Timonium, Md.), **Dan Schachter** (Brooklyn, N.Y.) and **Rev. Gary Taylor** (New Orleans, La.). With them in spirit, but not in person, were **George Childs** and **Steve Lasday** (next time!).



## 1987

Classmates **David Eligator, Ann Kim, Leslie Kilgore** and **David Garrett** met for dinner in Woodside, Calif., to celebrate 40 years of friendship and Ann and Leslie's belated birthdays. The four classmates shared many happy recollections and lifted a toast in memory of their beloved English teacher, Angela (Rumble) Irvine.

## 1981

**Eric Sauereisen** writes, “I recently convened with Knepper-trained athletes **Rich Easler** and **Mark Stiffler** to watch Pitt men's soccer. Fueled by Primanti's, we compared notes on our remaining kids in college and how these students never had it better. Pitt soccer dispensed with Rich's other alma mater: Lehigh.”

## 1988

**Jordan Karp** and his husband, Paul Bowden, recently relocated to Tucson, Ariz., where Karp serves as professor and chair for the department of psychiatry at the University of Arizona. He is also directing the behavioral health digital therapeutics program at the Banner University Medical Center in Tucson, Ariz.

## 1991

**Beej Gefsky** accepted a position of VP of distribution for Kevin Hart's Laugh Out Loud (LOL) Network, based in Los Angeles, Calif.

Encores!, the acclaimed series of concert-style theatrical productions founded to rediscover overlooked Broadway gems of years past, announced plans to stage *Into The Woods*. **Christian Borle** will appear as the Baker, alongside Broadway stars Heather Hadley and Sara Bareilles. The digital series is available May 4 on the City Center website and YouTube.

**Lorence Kim** and **Susan Kim '92** were among a group of Harvard University alumni who together provided more than \$45 million in made generous gifts to expand Harvard's Asian American studies program. The gifts will endow new professors and fellowships, and fund academic research.

## 1993

**Jessica Hughes**, creativity expert and abstract expressionist artist, was featured in *Forbes Magazine*. Having been in the art world for more than 20 years, Hughes has sold her own works, opened galleries and worked with children's hospitals to offer art classes to patients. She now also helps entrepreneurs unlock their own creativity through therapeutic art practices. For more information, visit her website [www.jessicahughesfineart.com](http://www.jessicahughesfineart.com).





**Dan Olds** is working in North Carolina as the new associate vice president for development at Queens University of Charlotte, helping to lead institutional advancement as the institution aspires to become the leading private national university in Charlotte. He writes: "I travel back and forth to Maine often and always. Happy to meet with other SSA alums in Portland, Maine, or Charlotte, N.C. Cheers!"

## 2001

An exhibit of the photography of **Michael Seamans** is now on display in the lobby of the Hillman Center for Performing Arts on the SSA Senior School campus. The exhibit features images of Muay Thai boxers in Thailand. Muay Thai, or "Thai boxing," is a martial art and the national sport of Thailand.



## 2004

**Chantal (Whitehead) Scott** and Sam Scott welcomed Cannon Kobe Scott into the world in October 2020. Cannon joins big brother Sammy.

## 2005

**Evan Frye** celebrated five full years of operations as the owner of Silver Horse Coffee in Donegal, Pa. His business partner (and brother) Colin further marked the first anniversary of their independent coffee roasting company Standing Wave Coffee Roaster – an environmentally connected coffee roaster that reinvests 5% of all profits to help clean and protect river ecosystems in the Laurel Highlands for future generations.

## 2015

**Gab Harchelroad** was the 2021 recipient of the Shady Side Academy Paul R. Pigman '52 Prize.



## 2014

**Rebkah Tesfamarian** participated in her White Coat Ceremony at Touro College of Osteopathic Medicine in Harlem, NYC, symbolizing her entrance into the field of medicine.

## 2016

On Jan. 9, 2022, **Abbie Minard** performed original music and live tap dance and electronics at the Public Theater in New York City, curated by artist and musician Laurie Anderson as a part of Anderson's Vanguard Residency. Since July 2021, Minard has been performing on NYC's DIY circuit under her artist moniker, Abbie from Mars.

## 2017

High Point University senior **Clayton Krol** was selected as a 2021 Intercollegiate Lacrosse Association (USILA) Division I Scholar all-American. Krol, a biology major who started and played in all 14 games of the 2021 season, anchored the defense with 15 groundballs and caused 11 turnovers. Krol scored three goals on the season including two in back-to-back weeks in critical Southern Conference matchups.



## 2015

**Ryan Wagner** and **Andrea Rockey** met their sophomore year at SSA and are now planning a July 2022 wedding. The couple chose to have their engagement photos taken at the Senior School after not being back on campus together since graduation.



## 2017

**Chris Woodings** was commissioned into the U.S. Marine Corps as a Second Lieutenant following his Washington & Lee (W&L) graduation ceremony last spring. Woodings also received the Captain Jay W. Stull Memorial Award in recognition of his determination and strength of character. Woodings graduated cum laude, earning bachelor's degrees in accounting and German. Among his many extra- and co-curricular activities, he played lacrosse all four years at W&L, served as a German tutor for Languages for Rockbridge, and was a member of the Sigma Chi fraternity. He also spent a summer in Berlin for an intensive German language program at Humboldt University.

## 2019

**Lucie Green** was named to the dean's list at Bates College for the winter semester ending in May 2021.

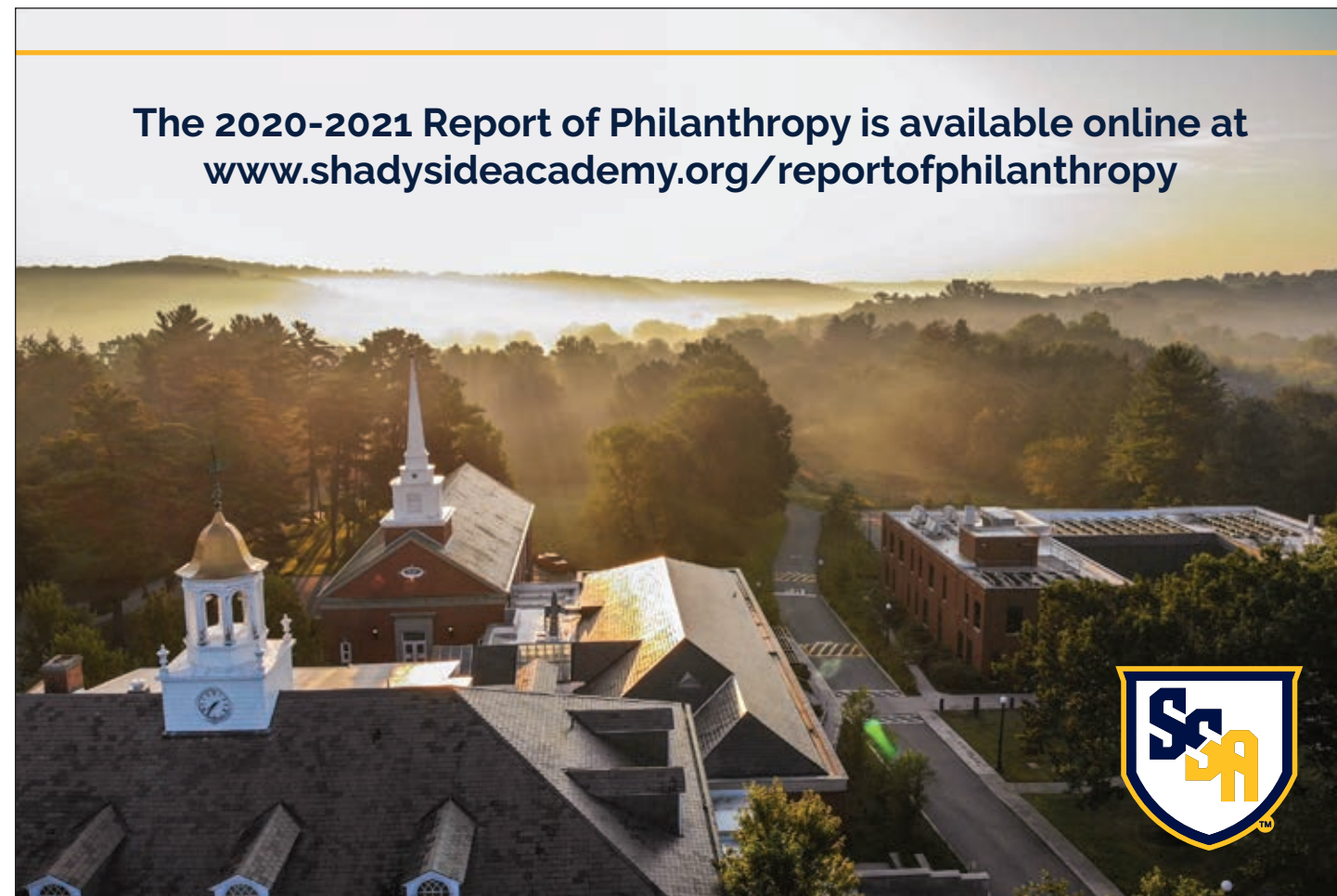
## 2020

**Drew Fergus** received the Top Summer Training Cadet Award during summer training at West Point – The U.S. Military Academy.

**Shady Side Academy and your classmates want to hear from you! Tell us what's happening in your life!**

Submit your Class Note via email to [classnotes@shadysideacademy.org](mailto:classnotes@shadysideacademy.org).

**The 2020-2021 Report of Philanthropy is available online at [www.shadysideacademy.org/reportofphilanthropy](http://www.shadysideacademy.org/reportofphilanthropy)**





The Academy expresses its deepest sympathy to the families of the following Shady Side Academy alumni and friends. Although we are unable to include remembrances of all, we sincerely value the special involvement in and contributions to the Shady Side Academy community during their lives. These listings include all information received by Nov. 1, 2021.

**BENJAMIN DANGERFIELD III ’40**

Benjamin Dangerfield III passed away May 11, 2021. A graduate of the University of Pennsylvania, he served as a U.S. Army combat medic in World War II and later pursued a career in accounting. He is survived by his wife of 73 years, Dorothy Dangerfield; children, Jeanne (John) Broad, Dickson (Linda) Dangerfield and George (Holly) Dangerfield; one granddaughter; and four great-grandsons.

**THOMAS COSGROVE ’42**

Thomas Cosgrove passed away June 24, 2021. Cosgrove attended the University of Pittsburgh for one year before enlisting in the U.S. Army in 1943 during World War II. He was deployed to England and Germany, being captured during the Battle of the Bulge, he was marched to and held in an Austrian POW camp until one day prior to the arrival of the allied troops. After returning home, he completed his education, graduating from Carnegie Mellon University in 1953. Cosgrove began work as an industrial steel engineer, becoming a vice president for Swindell Dressler Company, where he remained for his entire career. He is survived by his wife of 66 years, Josephine Brent Cosgrove, and daughter, Sallie Cosgrove ’76.

**DR. ALFRED R. PRICE ’43**

Dr. Alfred Roberts Price passed away July 22, 2021. He received his bachelor’s degree from Princeton University and medical degree from the University of Pennsylvania. He also served in the U.S. Navy. He served on the medical staff at Ohio Valley General Hospital and served two terms as president of staff. In addition, he was one of the first physicians at Ohio Valley to serve on its board of trustees. He is survived by his wife of 68 years, Joan Price; son, Alfred R. “Rob” Price Jr. (Susan Morehouse); and one granddaughter.

**THOMAS W. FRANK ’45**

**JOHN P. BANKSON JR. ’48**

John Palmer Bankson Jr. passed away June 25, 2021. He was a graduate of Yale University and Harvard School of Law. He also served in the U.S. Army, working counterintelligence in Washington, D.C. He was a partner at Hamel & Park, McCabe & Saunders, Hopkins & Sutter, and retired from Drinker, Biddle & Reath. He served as president of the Federal Communications Bar Association. He is survived by his wife, Judy.

**ROBERT D. KENNEDY ’50**

Robert D. Kennedy passed away April 3, 2021. He attended Cornell University where he received his B.S. degree in mechanical engineering. He spent his entire professional career at Union Carbide Corp., where he held various positions, including president, chief executive officer and chairman of the board until his retirement in 1995. He was predeceased by his wife, Sally Duff Kennedy. He is survived by his children, Robert B. (Lisa) Kennedy, Thomas Kennedy, Kathleen (Dawn) Kennedy and Melissa (Greg) Jurick; 10 granddaughters and one great-granddaughter.

**DR. DAVID M. REED ’50**

David M. Reed passed away Feb. 8, 2021. He was a graduate of Princeton University and went on to earn a Master of Divinity from Princeton Theological Seminary, and a doctorate in psychology from Tulane University. He served as Presbyterian minister and psychologist in the Philadelphia area. He was preceded in death by his first wife of 37 years, Carolyn Chapple Reed, and second wife of 23 years, Kathy Keogh. He is survived by his children, David Reed Jr., Douglas Reed and Jennifer Reed; two stepchildren, six grandchildren and one step-grandchild.

**JAMES S. DAVISON ’55**

James S. Davison passed away Dec. 28, 2020. He was a graduate of Kenyon College and served in the U.S. Coast Guard. He was preceded in death by his wife, Kiriaki Foula Davison. He is survived by his daughters, Maria Davison and Eleanor Davison.

**ALLISON RIPLEY MAXWELL III ’56**

Allison Ripley “Rip” Maxwell III passed away Jan. 18, 2021. He was a graduate of Dartmouth College. He worked for more than 40 years in the steel industry, most notably with Jones & Laughlin and LTV/Copperweld. He was preceded in death by his wife, Joan Thomas Maxwell. He is survived by his children, Allison (Lisa) Maxwell, David (Julie) Maxwell, John Maxwell and Elisabeth Maxwell Sturges.

**JAMES W. MINTER ’57**

James Watson Minter passed away Dec. 15, 2020. He received his bachelor’s degree in geology from Carleton College and his M.B.A. from Xavier University. He went on to serve as a captain in the U.S. Army until 1968, when he was honorably discharged and awarded the Army Commendation Medal and the National Defense Service Medal. After the Army, he served as deputy director of New York state psychiatric centers until his retirement in the late 1990s. He is survived by three children, James (Kirsten) Minter, Amy Minter and Lewis (Laura) Minter; and four grandchildren.

*Note: All obituaries appearing in Shady Side Academy Magazine are edited to a consistent size and format.*

**DR. GORDON B. CROUCH ’60**

Dr. Gordon Ballantine Crouch passed away April 4, 2020. He received his bachelor’s and master’s degrees from the University of Pittsburgh, continuing at the University of Pittsburgh School of Dental Medicine for his doctorate. He was also a member of the U.S. Navy. He spent his career in dentistry in Simsbury, Conn., retiring in 2009. He co-founded the Masooli Project, an initiative that built a health center in Uganda, Africa, that has been providing healthcare for the past 10 years. He is survived by his wife of 52 years, Nancy Crouch; children, Gordon (Robin) Crouch, Douglas (Molly) Crouch, and James (Cindy) Spencer; and seven grandchildren.

**DR. ROBERT COPE ’61**

Dr. Robert “Randy” Cope passed away April 15, 2021. He was a graduate of DePauw University and the University of Pittsburgh School of Medicine. He worked in Liberia, Africa, District of Columbia General Hospital, and the United Mineworkers Medical Clinic. He later founded Internal Medicine Associates in New Mexico. He is survived by his wife of 50 years, Donna Cope; his sons, Jonathan Cope and Jeremy (Elisabeth) Cope; and three grandchildren.

**STUART N. HUTCHISON III ’61**

Stuart “Buzz” Hutchison III passed away Sept. 25, 2021. He attended Lafayette College and Duke Law School. Upon graduation, he returned to Pittsburgh, ultimately becoming a partner in the firm then known as Kirkpatrick, Lockhart, Johnson and Hutchison, now K&L Gates, where he remained of counsel until his death. He is survived by his wife of 26 years, Mary Lou Hutchison; two sons, Chris (Elizabeth) Hutchison and Brian (Ron) Hutchison; two stepchildren, Paul (Brandy) Brauer and Amy (Carmen) Pasquarelli; and six grandchildren.

**EUGENE B. STRASSBURGER III ’61**

Eugene “Gene” B. Strassburger III passed away May 17, 2021. He was a graduate of Yale University and Harvard Law School. He had a lengthy legal career, serving as a senior judge on Pennsylvania’s Superior Court for 10 years. Before that he served

on the Allegheny County Court of Common Pleas in the Family Court and Civil Court, including as administrative judge and calendar control judge. At 29, he was one of the youngest attorneys to argue a case in front of the U.S. Supreme Court. He also taught courses at the University of Pittsburgh Law School and Duquesne Law School. He is survived by his wife, Phyllis Kitzerow; children, David (Meredith) Strassburger, Ellen Kitzerow ’00 and Zach (Kate) Strassburger ’02; five grandchildren; and brother, E.J. Strassburger ’64.

**JOEL PHILLIPS ’66**

Joel Phillips passed away Sept. 12, 2021. He attended Allegheny College before enlisting in the U.S. Navy. While in the Navy, he rose to the rank of quartermaster aboard the USS Corry. After his honorable discharge, he graduated from Boston University and the University of Pittsburgh. He worked at Allegheny Ludlum, Campbell Oil and Gas Co., and was a property manager. He is survived by his wife, Kimberly; his son, Steele Phillips; and his mother, Janice Phillips Larrick.

**WILLIAM A. BRADSHAW III ’75**

William “Bill” Aiken Bradshaw III passed away May 9, 2021. He was a graduate of the College of Wooster and West Texas State University. At this time of death, he was completing his ministry studies at Charis Bible College. He is survived by his wife of 38 years, Kelly Bradshaw; children, Zach (Tiler) Bradshaw and Hannah Bradshaw; and one grandchild.

**DR. LEON L. HALEY JR. ’82**

Dr. Leon L. Haley Jr. passed away July 24, 2021. He attended Brown University, the University of Michigan and the University of Pittsburgh School of Medicine. He worked at the Henry Ford Hospital in Detroit, Emory University and Grady Memorial Hospital in Atlanta, eventually being appointed CEO of University of Florida Health – Jacksonville, where he served as the first Black CEO and dean of the university’s College of Medicine. He was preceded in death by his brother, Loren Haley ’86. He is survived by his parents, Elizabeth and Leon Haley Sr.; three children, Grant Haley, Wesley Haley

and Nichelle Haley; sister, current parent Lisa Haley-Huff; and nephew, Jacob Tyler Huff ’26.

**LEONARD D. MILLER ’87**

Leonard Dwayne Miller passed away July 16, 2021. He is survived by his mother, Angela Miller, brother, Robert (Mary) Miller, and uncle, Bill (Nancy) Sayles.

**ERIN B. CANNING ’21**

Erin Breheny Canning passed away Sept. 19, 2021. She was a first-year student at Rose-Hulman Institute of Technology, studying engineering design and playing goalkeeper on the women’s soccer team. She was predeceased by three grandparents. She is survived by her parents, Russell and Susan Canning; brother, John Canning; and grandmother, Maryann Judge; as well as numerous uncles, aunts and cousins.

**FAMILY & FRIENDS**

**William F. Aiken**, father of Bill Aiken ’77 and former Senior School art teacher Scott Aiken ’79; grandmother of Isabel Aiken ’13, Margaret Aiken ’16 and Jillian Aiken ’19; and father-in-law of Junior School staff member Mary Aiken

**Bernard R. Appleman**, father of Laura Appleman ’90 and Dr. Elizabeth Appleman Kaplan ’97

**James W. Braham**, father of James Braham ’82, Elizabeth Simons ’84, Kathryn Braham ’87 and Andrew Braham ’94; grandfather of Emmerich Braham ’25

**Kathleen Braham**, mother of James Braham ’82, Elizabeth Simons ’84, Kathryn Braham ’87 and Andrew Braham ’94; grandmother of Emmerich Braham ’25

**Jean Connelly**, wife of the late William Connelly ’41; mother of Marcy Connelly Gookin; grandmother of Ann Gookin ’01, Katherine Gookin ’02 and David Gookin ’08; mother-in-law of David Gookin ’73

**Jaclyn Abbe Frankel**, mother of Senior School College Counselor Lucas Frankel





**Freddie Fu**, father of Gordon Fu '95 and Joyce Fu '99; father-in-law of Chad Martin '98

**Barbara Gates**, grandmother of Maclean Calihan '13, Joseph Calihan '16, Isabel Calihan '18 and John Calihan '20; mother-in-law of Martin Calihan '82

**Marguerite Hannon**, mother of trustee emeritus Mike Hannon '74 and board of visitors member Kerry Hannon '78; grandmother of Brendan '08, Sean '09, Conor '12 and Brian '13 Hannon

**James Haberfield**, grandfather of Joseph Krokosky '24 and Juliet Krokosky '25

**Howard W. Hanna Jr.**, grandfather of Mollie Hanna Lang '99 and Board of Trustees member Annie Engel; great-grandfather of Will Engel '19, Rory Engel '19, Jack Engel '24, Maryn Lang '29, Alexandra Lang '32, Kagan Lang '34, Watkins White '31 and Devlin White '33

**Brian Long**, brother of Facilities staff member Brenda Fleck

**Mary Marks**, grandmother of Josh Marks '01 and Jordan Marks '04

**James Nanci**, father of Josh Nanci '90

**Janet Schneider**, mother of Senior School World Languages Teacher Carol Schneider

**Anita Seifert**, wife of Ed Seifert '56, and mother of Ross Seifert '81

**Dr. David Shensa**, father of Craig Shensa '90, and step-father of Rick Aranson '86 and Jill Aranson Snyder '88

**James Thomas Tinnion**, father of Middle School Nurse Donna Giel, grandfather of Tim Giel '09 and Matt Giel '10, and grandfather-in-law of Dr. Elizabeth Rosenberger Giel '09

**Shirley Townsend**, wife of Stephen Townsend '49

**Fred Van Den Heuvel Sr.**, father of Facilities staff member Connie Stover

## William “Bill” Diehl Senior School Science Teacher, 1971-2011

Faculty emeritus, past parent, former trustee and Senior School science teacher William “Bill” Diehl passed away Dec. 18, 2021. He was 77.

Diehl taught physics, biology, advanced biology and chemistry with great passion and curiosity. A true Renaissance man, he pursued interests in a range of fields, even teaching the nature writing elective for a term. He coached a wide range of sports, including football, baseball, soccer and tennis. He also served as the Senior School's dean of students as the Academy transitioned to coed in 1973.

In recognition of his considerable gift for teaching, Diehl was named Faculty Emeritus in 2018, the Academy's highest honor for faculty, and he also served a five-year term at SSA as the Howard Heinz Chair for the Sciences. He received the Posner Award for Meritorious Faculty Performance in 2006, when a nominating student called him a “wonderful advisor, the reason I have accomplished so much at Shady Side, and a humble gentleman and scholar.”



Diehl's former colleague and friend, retired faculty member Mary Krauland said, “He had a joy for life and a curiosity to learn that made him an excellent mentor to numerous new SSA faculty. Bill's positive attitude, common sense approach to issues, and humor were character traits that I admired. I will miss my dear friend.”

He is survived by his wife, Barbara, and children, Sarah Diehl '93 and Nathan Diehl '95.

## Benedum Lane Honors Family's Philanthropic Efforts

The Middle School opened in September 1958 at its current location in Fox Chapel, 75 years after the Academy's entire student body was located at a one-room schoolhouse on Aiken Ave. Prior to 1958, the Junior School held grades K-6, while grades 7-12 were on the Senior School campus. The first standalone school for grades 6-8 in Western Pennsylvania, the progressive and modern Middle School owed its site to Pittsburgh's industrial past.

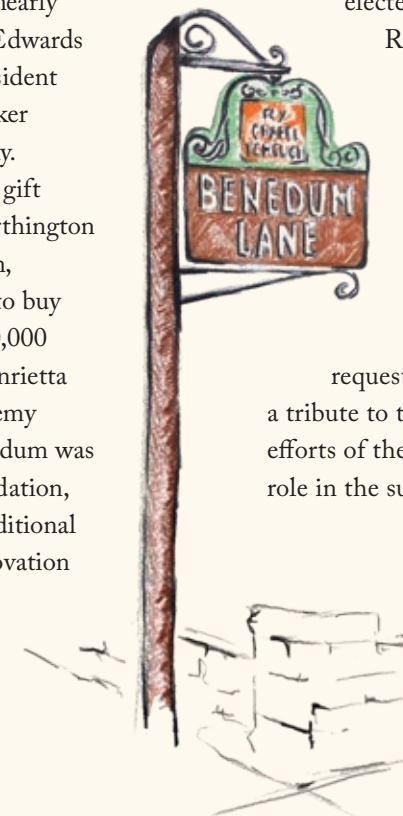
The Middle School is set on a 30-acre campus, in a stone mansion built in the late 1920s for nearly \$1 million by James Edwards Lewis, self-made president of the Harbison-Walker Refractories Company. Thanks to a generous gift from the Claude Worthington Benedum Foundation, Shady Side was able to buy the property for \$230,000 after the death of Henrietta Lewis in 1957. Academy Trustee Paul G. Benedum was president of the foundation, which donated an additional \$100,000 for the renovation

of the 20-room private home into classrooms and offices.

The Claude Worthington Benedum Foundation was founded by oilman Michael L. Benedum and his wife, Sarah, in memory of their only son, Claude Benedum, SSA Class of 1918, who died while serving in the U.S. Army during World War I. Paul G. Benedum was the Benedums' nephew.

In March 2021, the Fox Chapel Borough Council elected to rename Squaw

Run Road East as Riding Meadow Lane, and to give names to the 12 private lanes off that main road. Most notably, the private lane that leads to the Middle School was renamed Benedum Lane. The name, which was requested by Shady Side, serves as a tribute to the continued philanthropic efforts of the Benedum family and their role in the success of Shady Side.



Paul G. “Benny” Benedum, senior portrait, 1950

Paul G. Benedum's son, Paul G. “Benny” Benedum Jr. '50, attended the unveiling of Benedum Lane in the spring.

President Bart Griffith '93 said, “We remain so grateful to the Benedum family for their influence and positive impact on the course of Shady Side's history, as well as the lives of the generations of students the Middle School has helped to transform. The new Benedum Lane serves as a fitting reminder of this legacy of generosity to the Academy.”





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*\*Photos taken pre-COVID-19*