UNTANGLING THE COMPLEXITY OF POVERTY
WHO'S A GOOD BOY? Alden, that's who. And he's even better than those puppy dog eyes let on.

The 9-month-old yellow Labrador retriever is living in a University Forest Apartment with two students this year while training to become a guide dog for Guiding Eyes for the Blind. Another retriever, Quincy, lives with a third student. The pups’ job? Stay calm no matter what, remain attentive to their handlers, and, maybe hardest of all, ignore all those geese and squirrels.

Everyone who meets them loves the dogs, says Quincy’s trainer Chris Silvey, ’15, who’s helped start a GEB club to prepare other students to train service dogs.

“I love Quincy, and everyone I know does, too,” says Silvey, who will train Quincy through the end of the semester. “It’s going to be interesting come May, but I know he’ll be making a difference for someone. That will help me power through.”

Photograph by Ashley Apodaca
"LOUDER IS BETTER" With these words, Keith Gill, the University’s athletics director, introduced local media to the new Robins Center during an open house in late October. Among the points of pride: new LED lighting, more courtside seating, refurbished seats throughout, and four stunning 15-foot-by-33-foot video boards at the corners.

The Robins Center got its first true test a couple of weeks later at its sold-out debut, the men’s opener against Delaware. Students filled the reworked Richmond Rowdies section from the front row to the last row and stayed on their feet. With their help, the building felt louder than ever. “The renovations are just beyond belief,” Chris Mooney, head coach, said after the game. “It’s amazing how much more intimate the setting is, how much louder it is. It feels like a great, big-time college basketball venue.”
Family lore offers variations of what followed. Tiny may have tapped the bridge with his paddle. He certainly called Lula either “cutie” or “sweetie.” Equally certain, Lula turned down the corners of her mouth and let him know that such a fresh young man would never get anywhere with her.

They told that story to their children and grandchildren for decades. I learned its vague outlines before I ever met any of them. They are inscribed on a cement bench near where the bridge once stood: “J. Caldwell ‘Tiny’ Wicker RC’17 and Lula Jones Puckett WC’17 met nearby in 1915 and were married in 1917.”

I’ve been noticing benches on my walks all over campus. They preserve with elegant brevity the names of alumni and celebrate entire graduating classes. It’s hard to find a bench that doesn’t mark someone in whose footsteps we walk, not just metaphorically but physically. A campus with a tradition and community like ours is like that.

A few weeks after I first noticed Lula and Tiny’s bench, I called up their youngest son, Jim. Now in his 80s and slowed by Parkinson’s, he brought his bride, Theresa, to campus to share family photos and stories with me at the fountain in front of Puryear Hall. I learned that all the grandkids had come to call Tiny “Gaggy” when one couldn’t say “Grandaddy.” I heard about the old-time car Tiny and Lula rode around in to celebrate their 50th anniversary with family and friends. I heard that Lula kept turning down the trademark corners of her mouth all her life. Jim, his sister, and his brother all followed Tiny and Lula to UR. So far, at least one of the next generation has, too.

The story behind their bench begins with Theresa’s open-heart surgery 20 or so years ago. As she recovered, the couple started gingerly walking around Westhampton Lake. On one of those walks, a memorial bench with a friend’s name caught Jim’s eye and made him recall a pledge his father had made many years before. Jim helped him keep it.

“One day,” Tiny had said, “I’m going to put on the bridge a bronze plaque with the words: ‘I met her here.’”

Where Tiny met Lula

One day in 1915, four-sport athlete “Tiny” Wicker was cutting class when he canoed right up to Lula Puckett, a Westhampton student sitting on the bridge that stood where Tyler Haynes Commons is today.

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Matthew Dewald, Editor
The titles and descriptions of First-Year Seminars are not your typical course catalog reading experience.

18 The ‘really real’ test
Generational poverty is a notoriously complex issue for Richmond. Having the city’s low-income residents at the policy table may be key to unraveling it.

24 In pursuit of that fleeting, perfect moment
The women who wear the Richmond jersey

30 How to think in college
Noble beasts or economic history? Social utopias or Amazon women? Entering students have a lot of choices to make when picking their First-Year Seminars.
YOUR VOICE
As of the beginning of December, nearly 350 alumni had taken the URAA up on its offer to send a print of the autumn issue’s opening photo of Westhampton Lake. Please let us know what you think about what you read in this issue. Email us at magazine@richmond.edu or send a letter to us at Puryear Hall Suite 200, 28 Westhampton Way, University of Richmond, VA 23173. Please include your city, state, and maiden name, if applicable. All letters to the editor may be edited for clarity or brevity and should not exceed 200 words.
We also welcome your story tips at magazine@richmond.edu.
Opinions expressed here are those of the letter writers, not necessarily those of the magazine or this institution.

OUR NEW LOOK
As I looked at and read the new U of R magazine two things came to mind: (1) gray or yellow is not a good color for print, and (2) the layout was so fresh and appealing that I felt I had to read everything for fear of missing something important! Great job.
—Josie Rogers Cuffe, W’63
Chester, Va.

I love the new look of the alumni magazine. ... Beautifully done! The “One Misty Morning” photograph brought back such fond memories of walking to my 8:15 classes on those cool, autumn days.
—Patty Lukacs-Cox, ‘90
High Bridge, N.J.

My husband Rob and I are delighted with the new magazine design and content. It reminds us of the University of Chicago alumni mag that we also receive. Thanks for the makeover!
—Juli Wilson-Black, W’92
Reston, Va.

Hey, about time you entered the current century. I’ve sent many emails asking you to update the University of Richmond Magazine. Thank you.
—Michael Witt, B’61
Ocean Pines, Md.

Sorry to say, two thumbs down on the new magazine. It almost went in the trash; the drab colors on the front made me think it was the new Restoration Hardware catalogue. Inside, I found one interesting article, but it was so long that I quickly lost interest. The photos are faded/washed out, the print is too small, the use of colored inks for text make some parts impossible to see. I don’t like the size, the paper, or the binding. I do, however, look forward to seeing how it continues to evolve.
—Michele LaSota Nelson, W’87
King William, Va.

Wow!!!!!!!
—John Troxel, R’78
Winchester, Va.

P.S. I’d appreciate it if you could make the print a little larger (and in some cases, a little darker).

GOT A LIGHT?
You may know this. The magazine was once the responsibility of Joseph E. Nettles, along with teaching journalism, running the alumni operations, covering athletics, serving as UR’s chief PR source, assisting alumni in their careers, and general adviser and friend to a large number of students and alumni. I helped in his office as a sophomore in 1942 and was also one of his students.

The University was, at that time, under the sponsorship of the Virginia Baptists. After each issue of the magazine, there would be a flood of letters from the clergy objecting to the cigarette ad (“Introductions are in order” Autumn 2013). The ad covered the cost of the magazine. Otherwise, there would have been none.

Joe Nettles spurred the careers of many young men in a variety of business and professional fields, including two nationally recognized journalists, Paul Duke, R’47, and Guy Fridell, R’43.
—Thad Crump, R’48
Richmond

The magazine is stunningly beautiful and a genuine pleasure to read. The only suggestion I have is that the light-colored fonts sprinkled in comments throughout the magazine are unnecessarily difficult to read because of their lack of contrast, and they should be reconsidered using a readability standard in addition to an artistic one.
—Brenda Matlock Curtis, W’65
Irvine, Calif.

YOUR VOICE
Page 1: a little mist to make me wistful when I can’t make it to homecoming. Loving the fall issue of @URichmondMag —@katietetoussaint

It looks great. Really elevates the UR brand. More of that, and less shield (or redesign it). And #GoSpiders! —@CVKusiak

With our online home still under renovation, we decided to have a little fun by offering the (ahem) beta version of the Automated Class Notes Generator (patent not pending). Plug in a few bits of information, click “See your class note,” and violà, there it is (sort of). Here are a few favorite results from users so far.

“’13 Nellie Searle was recently back on campus for lodges. “It’s been 22 years since graduation, but after a walk on campus I felt so good again. My first stop was Passport, where I remembered the time that Raleigh squished the night before the big chem 141 midterm. When we got our grades back, we saw that Professor Van Deveer had given it a grade of L. None of us could figure that out.””

“’12 Robert Heler is enjoying retirement in New York, NY, after a 17-year career. ‘I liked looking down and seeing Student on my business card for 23 years, but I love retirement. I’m spending more time with my bacterium, and I’ve finally got plenty of time for twerking, which shouldn’t surprise anyone who knows me from Lakeview. Coming up next month, we’ll go for the trip of a lifetime planned. We’re finally going to Germany to see the forks. It’s been my lifelong dream to do this. Go Spiders!””

“’05 Chad recently moved to Richmond, which is famous for its cats and bananas. ‘My classmates will be surprised to learn that I finally gave up eating. I am now Janitor at the Weinstein Center Corp., which my grandfather ran 2 years ago. I’m enjoying my new position but look forward to more time fishing.’”
Ed Ayers, University president and historian of the American South, offers his thoughts on teaching, liberal arts, and Richmond’s Broad Street. What’s on your mind? If you have a question you’d like to ask for the spring issue, email us at magazine@richmond.edu by March 1.

Where do you look for inspiration?
—Holly Payne, ’94
As a historian of the place where I live, I don’t have to look far. All I have to do is pay attention to the scenes I see every day. For example, I can see the entire history of the American South driving from one end of Broad Street to the other, from Patrick Henry’s church to the 21st-century suburbs of Short Pump Mall. And now UR Downtown is a proud part of that landscape.

What insights have you drawn from your studies of your predecessors in the president’s office?
—Rev. Elizabeth Rickert-Dowdy, ’00
The main lesson I take is how much the University is a cumulative enterprise. Our campus is very clearly built upon the contributions of one generation to the next. Sitting on campus is very clearly built upon the contributions of one generation to the next. Sitting in my office, I can see the first building on campus, Ryland Hall, which was built 100 years ago. I can see the business school and the law school from a half century ago. I can see the tower of Jepson, built 20 years ago. Even though they look alike to the naked eye, I have a very clear sense that each one of these is part of the legacy my predecessors have left.

I’ve also learned from them a sense of quiet pride and confidence. They were proud of what we were doing while knowing that the answer from Fred Anderson, executive director of the Virginia Baptist Historical Society. It turns out that Richmond College did indeed graduate nine students in the spring of 1861, about the same time that enlistment in the first wave of the Confederacy would’ve been taking place. One of the big mustering grounds was where Monroe Park is today, which is not far from where Richmond College was then.

Was there a graduating class in 1861?
—Fletcher Stiers, R’43
That’s a great question, and I had to get the answer from Fred Anderson, executive director of the Virginia Baptist Historical Society. It turns out that Richmond College did indeed graduate nine students in the spring of 1861, about the same time that enlistment in the first wave of the Confederacy would’ve been taking place. One of the big mustering grounds was where Monroe Park is today, which is not far from where Richmond College was then.

What do you find most rewarding about teaching first-year students or teaching in general?
—Shannen Bedford, ’15
Seeing the University and my discipline through fresh eyes. It’s exciting to see first-year students who’ve just made the decision to come to the University sitting, right before us, through all the possibilities for their lives. And, frankly, I’m competing for history to have a place among those possibilities. I know that a lot of them have no intention of continuing to study history. They’re going to be science majors or business majors or whatever, and that’s wonderful. But I’d like them to always remember that we all live in history all the time—the goal is to be aware of that fact and what it might mean.

How can we convince prospective students that a liberal arts education is a wise investment?
—Susan Riggs, W’69
In study after study, and in conversation after conversation, prospective employers tell us they’re looking for the skills a liberal arts education generates: the ability to write, to think, and to speak. The liberal arts are strong at Richmond, not only in the majors but in the ways our students combine them with other fields.

When you visited the rare books room with your students last spring, what was your favorite discovery?
—Lynda Kachurek, head of Boatwright Library’s rare books and special collections
I was surprised that 16 first-year students who are not history geeks would be so taken by the physical artifact of the book, by how much more powerful the actual object is than just a reprinted version of it. These students, who had grown up fully digital, were just wide-eyed as they handled these old books.
WHY VICTORIAN LITERATURE?
“I thought the period would be really rich for business students,” said Elisabeth Gruner, who taught the literature half of the course pairing. “It’s no accident that Marx is writing in this period. There is rapid industrialization, the development of a middle class, entrepreneurship—at some macro level I knew they would find something to be interested in. It turned out to be even richer in the details than I knew it would be.”

What the Dickens?
A group of accounting majors did something very unusual on Wednesday afternoons last spring: They sat “in a loose circle,” their professors later wrote in a piece for The Chronicle of Higher Education, “sharing insights on three masterpieces of Victorian literature.”

Their course was the brainchild of the accounting department’s ever-inventive Joe Hoyle, who recruited a colleague from the English department, Elisabeth Gruner, to help him fill a gap he saw in his accounting students’ education. He wanted them to re-engage the liberal arts foundation of their Richmond education just before graduation.

He and Gruner offered two courses—government accounting and Victorian literature—that required dual enrollment but were open only to accounting majors. Nine seniors and one junior took them up on the offer, reading Charles Dickens, Elizabeth Gaskell, and George Eliot. They wrote within a decade of one another and in a period of economic upheaval. It was, after all, also the era of Karl Marx.

The professors purposely set the courses alongside one another rather than forcing links between them. “We thought the idea might work, and ... we just tried it to see,” Hoyle wrote on his popular blog about teaching.

The experiment succeeded, the professors wrote in The Chronicle, “because of the way it asked students to make their own connections, drawing out the essential lessons of the liberal arts—providing them the freedom to analyze and synthesize new knowledge on their own.”

QUOTATION
“I think we’re fighting for our country’s economic competitiveness.”

ARNE DUNCAN, U.S. SECRETARY OF EDUCATION, speaking in the Weinstein International Center during a roundtable discussion of higher education Nov. 15

Another river city
Mitrovica, like Richmond, is a river city, but the Ibar River marks a division unlike any along the James. On the Ibar’s northern bank live Serbs; on its southern, Kosovo Albanians; between them, U.N. forces and Swiss K-4 trucks enforcing peace between them.

Ten UR faculty saw it firsthand in June. Through the Faculty Seminar Abroad, the interdisciplinary group spent 18 days studying peace and conflict management in Israel, Jordan, and Serbia and speaking with local experts about the complexities of arriving at and maintaining peace.

On their last day abroad, they cautiously walked across Mitrovica’s bridge, leaving themselves the rest of the summer to ponder its lessons for themselves and their students.
A day on, not a day off

For the first time in its history, the University canceled classes and observed a holiday for employees on Martin Luther King Jr. Day so the campus community could serve, learn, and celebrate together his legacy. The day's events included a kickoff breakfast, morning service opportunities through Hands On Greater Richmond, family-friendly educational activities, and a tour of sites significant in Richmond's civil rights history.

The University community continued to honor King's legacy Jan. 21 with its long-standing annual commemoration ceremony, which included a keynote address, presentations, and performances in the Modlin Center.

Virginia politics

For the second October in a row, the Alice Jepson Theatre became the focus of Virginia electoral politics as the leading candidates in the state's top race came to campus for public conversations as part of the Sharp Viewpoint Speakers Series. Last year's senate candidates were replaced by this year's gubernatorial candidates, Ken Cuccinelli, Terry McAuliffe, and Robert Sarvis, who answered questions about education, transportation, and Virginia's policies with respect to the Affordable Care Act.

The following month, Virginia voters elected McAuliffe in a race watched closely and analyzed extensively nationwide as a prelude to the 2014 elections.

LEGACY

Today’s first-year students were preschoolers when the 1998 murder of Matthew Shepard—a gay college student beaten and left to die on a Wyoming fencepost in 1998. Judy Shepard, Matthew’s mother, spoke on campus in October, telling students, “Change comes only when you talk about the change that is needed.”

In February, students will produce The Laramie Project and then host its playwright, Moisés Kaufman, for a campus discussion. Other events continue all year. For more information, go to chaplaincy.richmond.edu/onebook.

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Journalism professor **Shahan Mufti**, born in the U.S. and raised in Pakistan, considers himself 100 percent Pakistani and 100 percent American. His first book, *The Faithful Scribe*, delves into 1,400 years of connections between his family’s personal history and Pakistan’s complicated history.

**MY EARLIEST MEMORY**

When I was 4 years old, I stood at the front gate of our house in Lahore, Pakistan, watching children play cricket in the street. One boy invited me to join them. I had just moved there from Ohio, and I didn’t speak his language, not the rules, or have the courage to go outside and learn, so I quickly darted back indoors.

**MY 9/11**

The morning after, I received a phone call in my dorm room at Middlebury College in Vermont. A man introduced himself as an ATF agent and asked whether I felt safe where I was. I answered that I felt perfectly safe, but the silence that followed made me feel more in peril than I had ever felt. He said he would call again but never did.

**MY JOURNALISM**

After studying journalism in New York, I moved back to Pakistan. Pakistan had always been important to me, but with the American war in neighboring Afghanistan, it was also important to Americans. I took writing seriously, viewing it as a “first draft of history.” While filing daily news reports from Islamabad, I reconnected with my family in Lahore and felt a strong desire to unravel my personal history.

**MY FAMILY TREE**

I had always heard stories that we descended from the Islamic prophet Muhammad’s inner circle, but I never thought I would set out to explore or verify this. After my grandfather died, we found a scroll that traced my lineage back over 40 generations to Umar, one of Muhammad’s close confidants. I began to view things differently as I saw my blood mix with the earliest moments of Islam on this parchment. I continued my research, discovering a family graveyard and detailed 19th-century diaries in a small Punjab town called Sohdra. The oldest grave appeared to date back to the 14th century.

**MY BOOK**

My 19th-century ancestor Azizuddin grew up as a British colonial subject and was designated a scribe as a teenager because of his stable hand. He published the scroll in 1931 and wrote the Sohdra diaries. They described family members and the events of the time, including wars and colonialism. His work was the inspiration for my book. Centuries after Azizuddin, I wanted to write the family history once again and put it in the context of modern political events.

**MUFTI’S MATERNAL FAMILY TREE**

<table>
<thead>
<tr>
<th>Name</th>
<th>Year Range</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Umar</td>
<td>575/9–644</td>
<td>Second caliph of Islam, confidant of the prophet Muhammad</td>
</tr>
<tr>
<td>Ibrahim ibn Adham</td>
<td>718–752</td>
<td>Among the earliest Islamic mystics from the kingdom of Balkh; renounced his throne to practice asceticism</td>
</tr>
<tr>
<td>Abul Fateh</td>
<td></td>
<td>Indicated in the family tree as a saint-like figure who migrated with his family from the lands of present-day Iran to the Punjab</td>
</tr>
<tr>
<td>Qazi Muhammad Yusuf</td>
<td>1883–1963</td>
<td>Scholar, writer, and the last in the family to serve in the role of qazi, a judge of Islamic law</td>
</tr>
</tbody>
</table>
Border crossings

In the late 1980s and early 90s, the Soviet Union allowed 1 million Jews to emigrate to America and Israel. During Operation Exodus, more than 800 of them arrived in Richmond with the help of the local Jewish community.

Nearly 25 years later, students are capturing their stories in a documentary film, symposium, and museum exhibition under the umbrella of “Draw Back the Curtain,” a UR Hillel and Jewish Family Services project.

The project launched in the fall with an exhibition organized by University Museums and students enrolled in the Seminar in Museum Studies. Ten students were responsible for everything from choosing items for display to culling interview transcripts for key stories and promoting the exhibition.

The interdisciplinary course “requires the students to look critically at museums as they design their exhibition, learn to do archival research, and work with transcripts,” said Laura Browder, one of the course’s three instructors. “And of course, work with the people whose lives they’re going to be exhibiting.”

A WIDENING CIRCLE

The many programs that are now coming together as “Draw Back the Curtain” had simple beginnings in the UR Summer Fellowship completed by Shir Bodner, ’12. Not only was she part of the early discussions between UR and Jewish Family Services, but she ended up spearheading the documentary and opened doors for other students and faculty to add new dimensions to the project.

BEFORE AND AFTER

Students are documenting and sharing the untold stories of Russian emigres to Richmond.

GIVING.RICHMOND.EDU

AMONG FRIENDS

Shawn Morrison, ’98, knows the case he makes to his Spider friends: “Seriously, we met because of the institution. Fifteen years later, we’re still hanging out together. Remember the organizations you spent so much time in? I met my wife here. This is what we’re talking about.”

It’s the same case he’ll make to all alumni as the annual fund’s new director: a great education, lifelong friends, a career path, a foundation for graduate school, and so much more.

“We got involved as students because we wanted to make an impact,” he said. “The annual fund is an opportunity to still make an impact on campus today.”

GIVE TO UR
**EVENTS**

“Toward a New Theater”
2.24 Camp Concert Hall
Director and playwright Moisés Kaufman, who wrote The Laramie Project, discusses the power of theater to create dialogue on significant social and political issues.

Rosenkrantz and Guildenstern Are Dead
3.04 Alice Jepson Theatre
Tom Stoppard’s classic turns Shakespeare inside out with a retelling of Hamlet through the eyes of two minor characters; production by The Acting Company.

Rosanne Cash
3.12 Camp Concert Hall
The River and the Thread, Cash’s latest release, reconnects her to her Southern roots.

Yusef Komunyakaa
4.10 Keller Hall
Reception Room
The 2013–14 Writers Series closes with a reading and talk by this Pulitzer Prize-winning poet whose work, says Kenyon Review, “shows us in ever-deeper ways what it is to be human.”

**QUOTATION**

“If you will listen to a person whose life is upside down, you’ll begin to hear something magnificent when they dig deep to try to tell a different story that assures them inside that it can be better.”

Actress, playwright, professor, and social critic ANNA DEAVERE SMITH, speaking in Camp Concert Hall Oct. 16 on the role of the artist in society, as part of the Modlin Center’s Artist Voices Series

**FASHION**

If the T fits, wear it

If you’d kept every T-shirt someone handed you in college, you’d have a lot more than just a pile of laundry. You’d have a pretty full record in cotton and polyester of life at Richmond.

Westhampton RAs, including Carlyn Covington, ’14 (above), have a gem for their closets. “May” is May Keller, the founding dean of Westhampton College. Her portrait hangs in the deanery, and her ghost is said to wander its halls. Many a meeting of Westhampton students begins with the acknowledgement, “May is in the room.”

“We talk about May Keller all the time. She’s ever-present in our lives,” said Sarah Everette, area coordinator for Westhampton. “She was ahead of her time advocating a progressive vision of women’s education.”
In Cartagena

KIRSTEN MCKINNEY joined students and faculty from the department of music as they traveled to Cartagena, Colombia, for the Fundación Tocando Puertas Para Abrir Futuros’s International Festival of Orchestras and Youth, where Richmond students rehearsed and performed with new and seasoned Colombian musicians.

1 Oct. 14 After 20 hours of travel, we awake in Cartagena thinking it must be raining. It’s not rain but the waves of the Caribbean. We lay eyes on Teatro Adolfo Mejía and have our first laughs with new Cartagenian friends.

2 Oct. 15 At Bellas Artes, a university in Cartagena’s Old Town, we are greeted with a hug and a kiss. The young musicians here talk about music constantly and dance in their seats while they play. They tell us that music is in their blood.

3 Oct. 16 Outside the bubble of the Old Town, one-room homes open to the street. In one, a family sits on wooden chairs staring at a television on the floor. At Escuela Nuevo Bosque, music students dressed in white present us with roses after we perform. We spend the afternoon with them going over bowings, fingerings, and tempo. We are nine of 50 people sitting in a room playing different measures of Mozart all at once.

Oct. 17 Three color features in Cartagena’s newspaper, El Universal, this week have us feeling like celebrities on the day of our biggest concert. The mayor of Cartagena, American Embassy staff, and faculty from the University of Bogata all attend. After “Fiesta de Negritos,” Verdi, Rachmaninoff, and the premiere of a piece by Bellas Artes professor Luis Jerez, we pose for photos with our arms around one another and music our universal language.

“Music is a way to collaborate,” says Katherine Cook, ’15, “but if you just try and enjoy the other culture, you will be accepted anywhere.”

Oct. 18 Carlos Vives’ “La Fantástica” dominates the radio and sums up how we feel. “This was one of the best weeks of my life,” says Kevin Westergaard, ’16.

After one last rehearsal by the Caribbean, we perform at Iglesia de la Tercera Orden, a military church located down the street from the international Interpol conference. The evening ends with yet another delicious Cartagenian meal.

5 Oct. 19 Five-thirty a.m. comes very early. At the airport, Ronnie, a violist, appears as the ambassador for all our Cartagena friends. No one was expecting it, and we shed a few tears.

When airline problems force long delays, Cristina Meekhan, ’14, pulls out her violin and starts playing Pachelbel there in the terminal. More students retrieve their instruments and join in as a crowd gathers with smiles on their faces and mobile phones recording applause and bravos echoing off the terminal walls when they finish. We return to Richmond a long 38 hours later with them still ringing in our ears.

WHO’S COUNTING?

<table>
<thead>
<tr>
<th>72</th>
<th>Cartagena music students</th>
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<tr>
<td>52</td>
<td>Hours in airports</td>
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<td>9</td>
<td>UR music students</td>
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<td>8</td>
<td>Donated instruments</td>
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<td>Scheduled public performances</td>
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<td>UR music directors (Joanne Kong and Alexander Kordzaia)</td>
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<td>1</td>
<td>Improvised airport performances</td>
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Registered dietitian Paula Harrison spends her days thinking and writing about nutrition, so you’d think preparing food would come easily to her. But no. “I have to admit, I’m not the best cook,” she joked. “Maybe I should take some classes.”

This is exactly what her students are doing at UR’s Center for Culinary Arts, which offers a Nutrition and Food Science Certificate. The program pairs nutrition science with hands-on cooking classes that apply its lessons. When we first started the certificate program, it was all lecture,” said Martin Gravely, R’90, program manager of the center. “Now we’re offering hands-on courses as electives. It expands what students can do.”

The dual view allows students to approach meal preparation in multilayered ways. Take the dish above. The fresh cherry tomatoes get their beautiful red from a carotenoid called lycopene, a powerful antioxidant. They also offer a host of other phytochemicals that boost the body’s defenses against conditions such as cancer, heart disease, and macular degeneration. The American Diabetes Association calls tomatoes one of the top 10 foods for diabetics. Plus, they taste great, and the recipe that contains them couldn’t be simpler. “It really reflects a lot of what we do here,” Gravely said. “It’s a simple recipe, but I’ve made thousands of versions of it. The students who get the most out of our program understand that you embrace the techniques and develop your own recipes from them.”

Simple is a good rule of thumb for food in general, Harrison said. “More and more research points to the benefits of eating foods in their natural state. Eat simply in the sense that you know what you’re eating. If you’ve made it yourself, you know every single thing that’s in there.”

As winter wanes and spring begins to take root, abundance will soon be as simple, Harrison said, as walking out to her garden full of beautiful, phytochemical-rich vegetables. “You just feel like you’re eating something healthy when you grow it and pick it out of the ground. Fresh foods are best, as close to nature as possible.”

To see Gravely talking about healthy cooking while preparing the dish above, go to spcs.richmond.edu/culinary.
SOCIETY

The kids are alright

In our age of twerking, some welcome perspective comes via a tidbit of University history unearthed in a new biography. Decades ago, Westhampton student Anne Temple Gordon, W’25, defended her generation in front of 1,500 at John Marshall High School in a public debate.

Baptist minister and University trustee George Whitehead McDaniel was her adversary. As reported by the Richmond Times-Dispatch: “The pastor blamed the automobile for thousands of character assassinations, saying that he had counted on the road to Westhampton as many as 15 cars drawn up along the side of the road, with couples sitting in them. ‘Do you think they were doing anything good?’ he asked.”

Gordon marshalled evidence of old folks complaining about young ones as far back as The Odyssey: “Drinking, smoking, excessive card playing, suggestive dancing have all been indulged in at all times... The thoughtful girl of today is not intemperate in her habits.”

“The flapper had most of the crowd with her,” reported the Times-Dispatch.

The incident is described in My Dear Doctor Mac, a new biography of McDaniel by Fred Anderson, executive director of the Virginia Baptist Historical Society.

OUTSIDE

Take a hike

Eighteen first-year students began their time as Richmond College men three days early by hiking a 40-mile section of the Appalachian National Scenic Trail in Shenandoah National Park in August.

The trip, billed as RC’s Appalachian Trail Challenge and led by Patrick Benner, assistant dean of Richmond College, and Robb Moore, ’94, assistant vice president of advancement services, challenged them to consider a core question as they began their college experience: “What do you intend to do?”

CENTENNIAL

Westhampton College offered its first classes a century ago in September 1914. The University will mark the centennial of this milestone with a number of special events, including Proclamation Day, a daytime celebration on Westhampton Green, Sept. 13. There will also be programming at Homecoming focused on women and leadership and regional events, including programs in Washington, D.C., April 30 and New York City May 1.

Watch for information about centennial celebrations at the year continues.

Silver and green

This fall, Lakeview Hall became the fifth campus building awarded LEED certification by the U.S. Green Building Institute. Completed in 2007, the four-story structure overlooking Westhampton Lake contains 141 beds and houses the Sophomore Scholars in Residence and Living and Learning programs. It received LEED Silver certification.

Richmond is committed to achieving LEED Silver certification for all new construction and is a signatory to the American College and University Presidents’ Climate Commitment.

Smooth transition

A new articulation agreement eases the transition for local community college students who want to go on to earn their bachelor’s degrees through UR’s School of Professional and Continuing Studies.

The agreement, signed in September, guarantees acceptance into eligible SPCS programs for students from J. Sargeant Reynolds and John Tyler community colleges who have completed associate’s degrees in applied arts, arts and sciences, or applied science with a grade point average of at least 2.0.
SPORTS

RECAP

CROSS COUNTRY Senior Jill Prentice paced the women’s cross country team with a second-place individual finish at the A-10 finals, where the team also placed second. Two other Spider women finished in the top 10. On the men’s side, senior Jason Skipper earned his first top-25 finish at the A-10 championship; his team placed eighth.

Earlier in the semester, sophomore Jordan Chavez finished seventh at the World Mountain Running Championships in Krynica, Poland. The Texas native prepared by spending the summer running trails in Colorado’s high elevations.

SPOTLIGHT

A fresh start

On a crisp September morning, a Spider infielder walked behind the batting cage surrounding home plate and glanced up at the dozen parents clutching warm coffee in the Pitt Field stands. “Record-breaking crowd,” he joked to no one in particular.

The long morning shadows and crisp air would soon give way to a sunny Saturday for Family Weekend, but before that, there was a red-and-blue scrimmage to play, another chance for first-year coach Tracy Woodson to get to know his new team.

Woodson knows what winning looks like at the highest levels. A major league infielder for five seasons, he was in the Dodgers’ dugout when teammate Kirk Gibson hit his legendary blast over the right field fence in the first game of the 1988 World Series. (Woodson drove in one run in four pinch-hit at-bats during the series, which the Dodgers won 4-1.)

Later as a coach, he guided Valparaiso from relative obscurity to appearances in the NCAAs. He is confident he can bring even more success to Richmond.

“We want to build a powerhouse right here, and we can,” he said in his Robins Center office a couple of months after his arrival. “I was shocked by the amount of great pitching we’ve got. We’ve got lefties throwing in the 90s. Our team is good enough this year to win the A-10.”

At the fall scrimmage, a runner on first leaned too far and nearly got doubled off on a line drive to the shortstop, but the throw sailed over the first baseman’s head. Woodson, behind the batting cage calling balls and strikes, stepped through the infield to guide them both.

“You can’t get doubled. That was an automatic freeze,” he told the runner. Then he turned to the fielders. “Take your time. Set your feet. Don’t throw off-balance.”

His deep knowledge of the game—and how he communicates that to his players—will be key to how their season unfolds.

“Let’s go,” he said as he settled back behind home plate.

RUNDOWN

Field hockey

Another strong season saw the Spiders finish second in the A-10 but just outside the NCAA tournament field. The team was often dominant, outscoring opponents 65-19 on their way to a 14-7-0 record. Junior Rebecca Barry led the offense and the A-10 overall with 40 points, and senior Anna Zarkoski was solid in goal with seven shutouts in 20 starts and an .824 save percentage, also best in the A-10.

Lacrosse

The men’s team kicks off its inaugural season at home Feb. 8 against perennial ACC powerhouse Virginia. The 14-game schedule includes six home games at Robins Stadium. The women’s team will play nine home games and host the A-10 Championship May 2-4 at Robins Stadium.

Football

After nearly beating the ACC’s N.C. State in Raleigh in pre-conference action, high expectations were blocked and tackled as the Spiders opened the conference portion of its schedule with four straight losses. They turned it around by winning the last four, including a decisive home victory over No. 19 William and Mary in the season finale to retain the Capital Cup. The team finished 6-6 overall.

Women’s soccer

A late surge in which the team went 3-2-1 over its last six wasn’t enough to propel the Spiders into the A-10 tournament. The squad struggled for goals after an early-season concussion forced two-sport star Becca Wann, the team’s top offensive threat, to forgo the rest of the season and her senior basketball season. “I am proud of our decision to put Becca’s health and future first,” head soccer coach Peter Albright said.

For all of the latest scores, schedules, and updates, go to richmondspiders.com.
Are you excited about the renovations?
Destiny: I’m so excited. I tried to sneak in and creep around a little bit.
Josh: I like the intimacy. It’s such an inviting space. Everything we need for a great atmosphere is there.
Nick: Now it’s just about us producing it.

What’s it mean to be a Richmond Rowdie?
Will: Representing that we are one community at Richmond, and we have your back, whether it’s a test or a game.
Destiny: It isn’t just about sports but having pride in all that we do.
Nick: I have a lot of pride in this school, and I want to show it. The athletes are representing our school, so we want to show them that we’re proud of them and want them to do the best they can.
Natalie: We want to infect the school with our craziness.

What’s the difference between a good Rowdie and a great one?
Will: Someone who is willing to come out to any game any time.
Zak: Passion and dedication.
Nick: A willingness to stretch the limits between embarrassing and cool. It might be embarrassing yelling a chant when there are only 20-30 people there, but wanting to do that and having pride that we just scored a goal in field hockey or whatever.

What was your favorite sport that’s a little under-the-radar?
Natalie: Field hockey. It’s awesome. It’s rough and exciting. I didn’t expect it to be like that. I love going to all the games.
Josh: Field hockey. I like the fast-paced action and constant movement.
Destiny: Women’s track. There’s no ball, no stick, no net. It’s body against body. But I love field hockey, too.
Zak: That’s tough. I’d give you a different answer every one of my years here.

Is our one-of-a-kind Spider mascot a good thing?
Will: It’s a unique piece of Richmond. No other university is the Spiders, and I don’t think anyone else will ever be. We’ve got that one on lockdown.
Nick: When I meet people, they say, “Ah, yeah, Richmond.” I love that.
Natalie: I wouldn’t want to be anything other than a Spider. I think it’s awesome.

Those games came down to free throws. What’s more fun—seeing us make a crucial free throw or the other team miss?
Destiny: Making one. Seeing us make a shot in a moment of heat was more beautiful than VCU missing.
Josh: Seeing us make those clutch shots. We’re a family. Nick: I’ll take the other end. Seeing somebody miss makes the student section feel like we had an impact. “That was us. We did that.” Watching our team shooting crucial free throws is just nerve-wracking.
Will: I agree. In the final seconds, it’s so intimidating when you’re waving your hands and throwing things up and down to distract them. When they miss, you feel like you had some kind of influence.

What’s your favorite basketball game last season?
Will: Home game against VCU, hands down. One of the most exciting sport events I’ve ever been at.
Nick: If I had to choose another one, William and Mary. It was a game we should have been winning, but pulling it out in overtime was pretty cool.

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Josh: Seeing us make those clutch shots. We’re a family. Nick: I’ll take the other end. Seeing somebody miss makes the student section feel like we had an impact. “That was us. We did that.” Watching our team shooting
Like many natives of Chapel Hill, N.C., I hold a special place in my heart for the opening night of college basketball season. As the curtain went up on the 2012–13 season, I was excited to bring along my two young neighbors, Dayshaun and Tijaysha (then ages 11 and 12), and daughter, Sahara (then 5), to the Robins Center to see the Richmond Spiders dismantle Liberty University in impressive fashion.

With just a few minutes to go in the game, however, I received a panicked phone call from my wife bearing news that would soon change Dayshaun and Tijaysha’s life. An accidental house fire was consuming their Byrd Park home just a few doors down the street from us. We rushed out of the arena, and I told the siblings the news, reassuring them that their mother and older brother had escaped and were OK.

We drove home in uncharacteristic silence punctuated by understandable outbursts of anxiety from the kids. By the time we arrived, the fire had been extinguished, but the large fire trucks were still there along with many gathered neighbors. The children embraced their mom, and we all burst spontaneously into tears. The family gathered what they could, and then the Red Cross picked them up to go check into a motel near The Diamond.

That house fire sent a fragile family, one that had already borne more than its share of tragedy and trauma, into a crisis, as their mother Lashonda, a Richmond native and high school graduate, fought to keep her family from falling into homelessness. Their former home had been a rental and was too damaged to return to. Lashonda had a long work history but had been recently unemployed and had no cash on hand.

Neighbors, a local church, and the city’s department of social services pitched in to allow the family to stay at the motel for a month until they could locate a more permanent apartment. At this writing, the family is living at its fourth address in a year while awaiting a slot in public housing. Lashonda has found temporary employment in low-wage positions but still needs a full-time job she can get to by bus or on foot.
The Maggie L. Walker Initiative for Expanding Opportunity and Fighting Poverty:

Advancing five major policy recommendations

1. Beginning the process of redeveloping the city’s public housing communities to create healthier, more connected neighborhoods, while assuring that residents are not involuntarily displaced.

2. Developing a regional transportation system by establishing bus rapid transit service along the region’s job-rich corridor.
3. **Targeting economic development with the aim of recruiting or nurturing employers offering living-wage jobs appropriate to workers with less than a college degree.**

4. **Expanding the city’s workforce development efforts to effectively connect low-income residents to job opportunities with local employers.**

5. **Bolstering public education through investments in early childhood education, targeting additional resources to middle school-age children, and establishing a universal college scholarship program for graduates of Richmond Public Schools.**
She is worried about the impact of the moves and neighborhood influences on her children. Byrd Park, where they lived until the fire, is an economically and racially integrated neighborhood where the children and the family had formed ties across race and class lines. The area of Highland Park, where the family has more recently stayed, as well as the public housing communities themselves, are marked by highly concentrated poverty and many potential pitfalls for youth.

**A Fragile Foothold**

Multiply the story of this household of four by ten thousand, and one has a sense of the scope of poverty in the city of Richmond. Currently nearly 52,000 city residents—26.4 percent of the population—are classified as poor under federal poverty guidelines ($23,550 for a family of four), guidelines that are widely regarded as an inadequate barometer of economic need. Nearly half of city residents live in households with incomes less than 200 percent of the poverty line, a more realistic measure of genuine self-sufficiency.

A considerable chunk of the city population officially classified as poor consists of college students living off-campus (primarily VCU students), but even after accounting for these students, well over 40,000 city residents fall below the official poverty line. Like Lashonda and her children, low-income residents in the city often have a fragile foothold on the basics of a secure existence: a stable job reachable by adequate transportation, stable housing in a decent neighborhood, and a marketable set of skills to fall back on. Far too many residents fall below the threshold of stability and into crisis—crises that predictably harm children and their educational and social development.

Many of our residents in poverty are children. Two in five children in the city of Richmond now live in poverty, and many more are at risk of falling into poverty. Some 77 percent of children in Richmond Public Schools qualify for free or reduced lunches—a fact that in itself scares off many middle-class families with children from locating to or staying in the city. The stresses of poverty are now understood by scholars to cause cognitive damage—a contributing factor to the low educational attainment of so many high-poverty communities, including Richmond. Economic insecurity and crisis in one generation translates into educational underachievement in the next generation—helping perpetuate a cycle of poverty.

**Systemic Change**

Concentrated poverty, and glaring disparities of income and opportunity both within the city and between the city and its surrounding suburbs, have been prominent features of Richmond for decades. Scholars like John Moeser, senior fellow at the Bonner Center for Civic Engagement and a VCU professor emeritus, point out that, in many respects, poverty in Richmond has been concentrated by design. For instance, four of the city’s six large public housing communities are densely located in the East End; the region is one of the largest in the U.S. not to have a functional regional transit system tying the metropolitan economy together; and once-thriving African-American neighborhoods have never fully recovered from being torn apart by interstate highways running through the city.

The real question is, what can be done about all this? At the national level, poverty has risen to 15 percent in the wake of the 2008-09 economic downturn, yet it was barely mentioned by either candidate in the 2012 presidential elections. The Affordable Care Act is potentially the largest expansion of the safety net in half a century, but the 2012 Supreme Court ruling upholding its constitutionality kicked the question of Medicaid expansion, the act’s mechanism for extending coverage to the working poor, back to the states. Whether Virginia will agree to expansion remains uncertain.

National and state-level solutions to systemic poverty do not seem to be forthcoming. In that difficult context, what can cities themselves do to better connect residents to opportunities, break the cycle, and challenge systemic poverty?

In 2011, the city of Richmond set out to find out with the establishment by Mayor Dwight C. Jones of an anti-poverty commission charged with identifying the causes of systemic poverty in Richmond and making promising policy recommendations to challenge it. Along with UR colleagues John Moeser and Tom Shields in the School of Professional and Continuing Studies, I was tabbed to join the commission. Much of my own academic work focuses on questions of urban spatial and economic development, much of my teaching involves community-based learning classes in which students engage in community work in high-poverty neighborhoods, and I was in the beginning stages of co-authoring a book with Amy Howard, executive director of UR’s CCE, on Richmond politics over the last quarter century, so I was eager to get involved.

As a scholar of leadership and urban politics, that involvement has taken me on a wild and deeply rewarding ride through the highs and lows of city politics and governance, and provided me with a firsthand education in the realities of city politics. After chairing one of the focus groups for the commission, I took the lead role in 2012 in drafting the commission’s final report. After the report’s release in January 2013, I worked closely with Mayor Jones’ executive staff and Councilwoman Ellen Robertson of the 6th District to craft an implementation strategy for the report’s main recommendations. In July, I was
At the national level, poverty has risen to 15% in the wake of the economic downturn.
Clockwise from top left:
Mali Kobelja, ’14
Rebecca Barry, ’15
Becca Warin, ’14
Belle Koclanes, ’02
Lauren Hines, ’13
Genevieve Okoro, ’14
Catherine Ostoich, ’13
Under a featureless gray sky, a biting October wind whips across a playing field shoehorned between buildings and streets on an urban Philadelphia campus where the Spider field hockey team is battling the La Salle College Explorers. The Explorers have tied the score a few minutes into the second half, and now the game races furiously across the turf, the women hurling themselves into the fray, the clack and clatter of hard stick against hard ball mingling with the voices of the players calling to each other.

A crowd numbering barely in the dozens, made up almost entirely of parents and siblings, huddles on the sidelines wrapped in jackets and fleece, shouting encouragement and advice to the players. If the familiar, visible face of Division I sports is packed stadiums, television reporters, roaring fans, March Madness, this game has none of those. But for these young women, being part of this team is central to who they are, driving a passionate determination on the field apparent in the ferocity of their play.

IN PURSUIT OF THAT FLEETING, PERFECT MOMENT

by Caroline Kettlewell
“We don’t need ten thousand people watching our
game,” says Rebecca Barry, a junior midfielder from Lim-
erick, Ireland. “We need our team. We need our coaches.
We need our families.”

In the waning minutes of the game, Barry, whose nimble
stickwork had just that week earned her a fifth-place spot
on ESPN SportsCenter’s “Top 10 Plays of the Day,” scores
back-to-back goals to secure a victory for the Spiders.
And then the final whistle blows, and the intensity of
the game dissolves into winded chatter, family hugs, and
care packages changing hands before the young women
board the bus for the five-hour drive back to Richmond.
They’ve been on the road since Friday, played two games
in three days, and they’re tired and cold and they have to
be back in class tomorrow, with reading to be done and
assignments due, and no excuses. And that’s what they
signed up for: Division I play and a demanding academic
curriculum and four years of working harder than they’ve
ever worked in their lives.

HISTORY

If we’ve become accustomed to the sight of ponytailed
girls in jerseys and cleats, powerful Olympians with fuch-
sia-painted toenails, middle-aged moms standing on tri-
athlon podiums—then it might be easy to forget what a
cultural sea change all this represents, one that has taken
place over decades. And it is impossible to talk about that
change without acknowledging the essential role played by
the passage of Title IX, the 1972 law that mandated equity
for women in a range of areas, including athletics, in edu-
cational programs receiving federal funding. As opportu-
nities have grown in the 40 years since, women’s and
girls’ participation in sports has soared at every level, from
preschool soccer to professional basketball. When Title IX
was passed in 1972, fewer than 32,000 women competed in
intercollegiate athletics; today, at colleges and universities
across the country, nearly 200,000 women participate in
NCAA athletics, more than 78,000 of them at Division I
schools alone.

At the University of Richmond, though, a tradition of
women and sports goes back well before Title IX. It is a
legacy of the University’s unique coordinate college his-
tory and, in many ways, of one individual in particular,
Fanny Graves Crenshaw, who served as Westhampton
College’s first director of athletics, a position she held for
a remarkable 41 years.

A native of Richmond, Crenshaw was a lifelong and
impressively versatile athlete herself. She graduated from
Bryn Mawr, where she was a member of the basketball,
swimming, water polo, tennis, and track (in which sport
she would set six world records) teams as well as of the
dance and fencing clubs. Crenshaw believed deeply in the
value of “physical education” for young women, and when
she arrived at Westhampton College in 1914, with no ded-
icated athletic facilities at her command, she used what-
ever was at hand, setting her young charges to running
and hiking, climbing trees, jumping ditches, even swim-
mimg in the lake.

Crenshaw’s belief in the importance of athletics was
shared by the woman who hired her, Westhampton’s first
dean, May Lansfield Keller. Keller required four years
of physical education for her students, because, as she
explained, Westhampton’s young women would be seri-
ous scholars dedicated to pursuing the highest standards
in liberal arts education, and, “The work I’m going to give
these girls they can’t do unless they get some exercise,”
she said.

Still, Westhampton’s sports programs focused as much
on community and participation as on competition. Fifty
years after the college’s founding, a yearbook entry on the
Westhampton Athletic Association would note that “the
entire student body makes up the Athletic Association,
which is created to foster and maintain sportsmanship,
spirit, and cooperation among the students.”

Three-sport athlete Judith Owen Hopkins, W’74, (field
hockey, basketball, lacrosse) will tell you that what she
remembers most is the joy of competing and the friendships
and support that came with being part of a team. But she
also recalls the realities of women’s athletics before Title IX.
She and her teammates paid for their own shoes and, often,
uniforms. When they traveled, there were no chartered buses
or hotel rooms, so they’d try to get in as many games as pos-
sible on a single trip. Sometimes they’d compete against one
school on a Friday, a neighboring school on a Saturday, and
yet another nearby school on a Sunday. And on the nights
between, they’d rely on their opponents to house them.
“That definitely promoted good sportsmanship,” Hopkins
recalls. “You couldn’t be a bad sport, because that girl you
tripped in the game might be the one you were depending
on to share her bed that night.”

And when Hopkins sprained her ankle in the middle of
a divisional lacrosse playoff (there were no championships
at the time, either) her coach had to go to the men’s ath-
etic director and beg permission for Hopkins to see one of

the athletic trainers—the women’s teams had none of their own. “I actually got to go to the Robins Center,” Hopkins says, “and I actually got to be in the whirlpool, and I actually got treated—and that was unheard of.”

Richmond Hall of Famer Margaret Stender, W’78, however, remembers the exact day, only a few years later, when she and her teammates realized that Title IX might make a difference.

Today Stender chairs the board of the WNBA team the Chicago Sky and owns Flow Basketball Academy, a basketball leadership school for girls ages 8 to 18. But in 1976 she was a junior three-sport athlete who, like Hopkins, played for the love of the game. Though she doesn’t remember ever giving much thought to how much more support the men’s teams received, “for basketball, we got a basic jersey and shorts and that was it,” she says. The women played in Keller Hall, never in the Robins Center. After practice they had to sprint to North Court before the dining room closed and hope there was something still left to make a meal from, because there were no special accommodations for athletes.

Then one afternoon at the end of practice, Stender’s basketball coach, Kathleen Rohaly—a tenured professor who also managed a full teaching load—told the team that a shoe salesman was there to see them. Hungry, the team protested. They weren’t interested in looking at shoes they couldn’t afford anyway.

But no, their coach explained. The University was paying. The University was going to give the team new shoes. “We were stunned,” says Stender. “We were amazed. We were giddy. New shoes, and someone else was going to pay for them, which had never happened. Ever.”

Hunger forgotten, they trooped to the locker room and sat overwhelmed as the salesman pulled out box after box of shoe samples.

And then he showed a pair of red suede Converse.

Immediately the team agreed: Those were what they wanted.

Lacing up for their first game in their new shoes, “It was the most exhilarating experience any of us had ever had,” says Stender. “Such a small thing, but none of us had ever had shoes that matched anyone else’s.” They went on to win their game, and more after that. “It was like we got this extra confidence just from the fact that we all felt a little bit lighter, a little bit stronger, a little bit jumpier.”

COMMITMENT

Nearly 40 years later, the women who play under the Spider banner are supported by a sophisticated 21st-century Division I university athletic program. They enjoy state-of-the-art facilities and professional coaching staffs, trainers who travel with them on chartered bus and by airplane, team uniforms and warm-ups and duffel bags and water bottles. They have opportunities that Keller and Crenshaw and Hopkins and Stender could hardly have imagined, from athletic scholarships to international competition to the possibility of professional sports careers.

How much has changed was evident on a Sunday afternoon as the women’s basketball team took the court against the visiting Dayton Flyers. If the playing floor of the Robins Center was once foreign territory for Westhampton’s women, today women’s basketball rates all the visible trappings of a major college sport: overhead video screens, cheerleaders, a dance team, a booming announcer’s voice over the loudspeakers, a press table peopled with sportscasters, a mobile broadcast center humming behind the building, and a retinue of coaches in conservative business attire thronging the sideline. In the stands, a particularly voluble fan heaps abuse on the referees. “When are you going to get one right?” “It hit the rim!” “You’re terrible!”

On the court, however, the women seem oblivious to everything but the game. The play is hard and fast, aggressive and determined, sprint and pass and turn and shoot, a smoothly choreographed movement of teammates.

Now strip away the crowd, the cheerleaders, the hip-hop music, the buzzers and refs and excitement, and what you’re left with is the work that makes that happen, the dailiness of being a collegiate athlete: a winter afternoon, the squeak of shoe on wood echoing in the empty space of the Robins Center, a coach drilling the women through the same move over and over and over again. Stop. Reset. Go. Stop. Reset. Go. When the practice finally ends, the women wearily grab towels and water bottles, shoulder duffels, and head for the locker room. In an hour, they need to be ready to board a bus. Tonight, a hotel room. Tomorrow, a game.

No one, least of all the athletes themselves, is going to convene a pity party for the time, effort, energy, and sacrifices it takes to play a Division I intercollegiate sport. This is not hard labor in the salt mines, and it’s voluntary, something the students all have chosen.

Still, it’s worth appreciating what this path demands of those who choose to travel it.
ANYONE WHO HAS DEVOTED THEMSELVES TO A SPORT, HOWEVER, KNOWS THE OTHER SIDE OF THAT EQUATION. IT IS TO BE PART OF SOMETHING—THE TEAM, THE STRUGGLE, THE QUEST, THE SWEETNESS OF A HARD-FOUGHT WIN.

“We really push them to be excellent in all areas of life,” says field hockey head coach Gina Lucido, who notes that during weekend trips, required team study hours are part of every day. “If you want to be a great student and a great athlete here, there are sacrifices you have to make; you can’t do much else.”

Lauren Hines, ’13, a sociology major with a minor in education and Spider swimmer who competed in the 2012 Olympic trials, recalls the grueling daily reality of her in-season schedule: morning practices beginning at 5:30 a.m., followed by a quick breakfast, classes, afternoon practice from 3 to 5:30, dinner, “and then we would do schoolwork until we were too exhausted to work anymore, then go to bed.” Freshman year, she says, her hallmates would stop by her room and be surprised to discover her already asleep by 10 p.m.

Michele “Belle” Koclanes, ’02, a 5'1" point guard nicknamed the “Itsy Bitsy Spider” and now head coach for the Dartmouth women’s basketball team, says she chose Richmond because of the basketball program and the Jepson School of Leadership Studies. “I wanted to find that area where I was challenged on the court and challenged and motivated every day in the classroom,” she says. She majored in leadership studies and minored in rhetoric and communication, and also served as a speech consultant at the Speech Center and led a weekly drill class for students in first-year Italian. She counsels her players now that Division I play demands “growing up quickly.”

“You need to be prepared for all those tasks and responsibilities. In the classroom or on the playing field, everything we do we want to do well. If you are up all night studying for an exam and then you have a practice at 6:30 in the morning, you have to bring that same energy and attitude to practice, because you are committing to both equally.”

Sometimes, too, the cost goes beyond muscle-sore bodies and weary, sleep-deprived minds. A team lineup can look like a parade of the walking wounded, with players splinted, taped, braced, slinged, and bound in casts. Genevieve Okoro, ’14, a center forward for the basketball team, tore her ACL, a ligament in the knee, during a game early in the fall of 2012. One game before, she’d racked up a career high 17 rebounds. One game later, and she was out for the season. But if she had to endure the pain and frustration of surgery, rehabilitation, and a season lost, she consoled herself with the knowledge that two of her teammates had, between them, endured a total of nine knee surgeries.

Senior Becca Wann faced an even more painful reality. A rising star nationally in soccer (she won a gold medal at the 2012 FIFA U20 World Cup in Japan as part of the Women’s National Team), she also played basketball for the Spiders. Then this August, in a collision with another player during a season-opening soccer tournament, she suffered the latest in a series of concussions going back to a childhood fall from a pogo stick in her garage. Told by her doctors that she couldn’t risk another head injury, she was forced to retire for good from both sports.

REWARD

To what end, then, all this work, the toll on body and mind, exactly? Chances are slim that a campuswide celebration will erupt when your field hockey team wins the championship. No dreams of a professional swimming career drag you out of bed for that pre-dawn practice. And no matter how hard you work, no matter what you give up, every game, every playoff, every championship is a chance to lose as much as it is a chance to win: an off day, a bad play, a career-ending injury. Sometimes, like Becca Wann, after years of giving yourself to a sport, you have to graduate and leave it behind with goals unmet and dreams unrealized.

Anyone who has devoted themselves to a sport, however, knows the other side of that equation. It is to be part of something—the team, the struggle, the quest, the sweetness of a hard-fought win. There is a pleasure in working yourself to exhaustion in a shared and relentless pursuit of that fleeting, perfect moment when everything comes together. If it’s an axiom, it’s one borne out by considerable research that participation in team sports confers all manner of benefits, beyond the physical, to players. There is a host of not immediately tangible goods that come of the experience, from learning about teamwork and sacrifice and discipline to knowing how to face and overcome adversity.

Swimming coach Matt Barany says that in the pool, every day is a test, with the pitiless clock the relentless measure of failure or success, yet, “Every day, these brave women try to be better than yesterday, to chase greatness.”

“As devoted as you have to be to being an athlete, to your sport, to your teammates, to the people who support you in your sport, it’s an incredible experience,” adds senior swimmer Mali Kobelja. “It is so enriching. There are things that you learn, not just about yourself, but also about other people, and your role in a bigger picture.”
That bigger picture is what alumna Margaret Stender believes is the long-term value of participation in sports. The Women’s Sports Foundation argues explicitly that sports develops in girls and young women a set of essential skills for success in the world that can’t be learned in the classroom, and Stender’s experience, she believes, bears that argument out. After earning an MBA but before helping launch the Chicago Sky, she pursued a long career at Quaker Oats that eventually would find her as the president of the U.S. cereals division. “My whole business career really was supported and encouraged from my athletic experience,” she says. “My team experience taught me how to lead, how to work with men, how to find success in the business world.”

Basketball player Genevieve Okoro, a redshirt junior who plans to attend medical school and become a surgeon, credits her sport—the demands of teamwork, of travel, of performing under pressure in front of crowds, of interacting with many different people—with transforming her from a bookish introvert to a still-bookish (“I read books like it’s my job”) but far more outgoing and confident person.

Catherine Ostoich, ’13, a field-hockey player, agrees. “I don’t think I would be the person I am today had I not played hockey at this level. I became a better student because I was playing a sport. It made me focus when I had to focus. And what I will do with the rest of my life, and all life’s essential skills—all that has been shaped by field hockey.”

When Margaret Stender graduated from high school, she points out, only one in 34 girls participated in high school sports. Today that number is one in 2.5. “Today almost half of all girls are getting the same benefits I did—learning confidence, leadership, teamwork. So that is going to create a whole group of more confident leaders going forward, a huge cultural change that we are going to see,” she says. “Women are still so far behind in our business and political leadership, but over the next 20 years I think that is going to change.”

Equally as important, she believes, is the fact that “boys and men are now used to seeing strong, confident women who will and can make their own decisions, are used to supporting girls and women as athletes.”

Is it investing sport with too much significance to see it as a force for social change? Perhaps not. When he founded the modern Olympic games in 1896, Baron Pierre de Coubertin stated that “Olympics with women would be incorrect, unpractical, uninteresting and unesthetic.” At the 2012 London Olympics, history was made not only by the presence of nearly 5,000 women competing in sports from rowing to marathon to boxing, but also by the moment when Wojdan Ali Seraj Abdulrahim Shaherkhani, defying criticism and disapproval, stepped onto the judo mat to become the first woman from Saudi Arabia—a country where it is still illegal for women to drive—to represent her country at the international competition.

In 1955, when Fanny Crenshaw retired, she was not yet done making her mark at Westhampton College. In 1963, the pool named for her and built to her specifications (one inch longer than Olympic distance so her young women would be accustomed to working that much harder to make their goals) was dedicated. Two years later, and two days after her 75th birthday, Crenshaw became the first person to have swum a cumulative 50 miles in that pool. In an alumni magazine tribute the following year, a student wrote of Crenshaw’s legacy: “Encouraged, we reached, and suddenly, in disbelief, we found we could be champions.”

Caroline Kettlewell is a freelance writer in Richmond and a competitive open-water distance swimmer. In September, she completed her first 10K swim, the Little Red Lighthouse Swim in New York City.
Smallpox, malaria, yellow fever, lung sickness, and other maladies were central to imperial conquests, colonialism, and modernization. Today, globalization focuses our attention on problems from cholera to polio and HIV/AIDS. In this seminar, we ask why mass illnesses happen and how societies cope with the challenges they raise.

*All first-year students take an FYS in the fall and spring.*
In 1976, Joan Kelly posed a simple question: "Did women have a Renaissance?" In this course, we explore the place of women in the Renaissance based on labels that have emerged through studies of social and cultural norms, and place Renaissance women's experiences in the context of the larger history of their age.

Experiments have radically altered our civilization through the technologies they have enabled. Who are the people and what are the stories behind some of the key experiments in physics? Inspired by and loosely based on "The Ten Most Beautiful Experiments" by George Johnson, the course explores great physics experiments from history and more amazing experiments now underway.
In 1955, Rosa Parks took a seat on a bus, challenging the legality of racial segregation. In 1972, outfielder Kurt Flood sued Major League Baseball, opening the doors to free agency. Law evolves. It adopts and adapts to existing legal concepts to deal with the problems of a changing world. This is not a pre-law course, but a course that focuses on legal issues that introduce students to law as an institution and an academic discipline and that shows students how law borrows from other disciplines.

In her book about the 1961 trial of Nazi war criminal Adolf Eichmann, Hannah Arendt used the term “the banality of evil” to describe historical instances in which unspeakable acts by seemingly ordinary people become routine and accepted. This course considers the effects of these acts on perpetrators, victims, observers, and society at large.
Why do humans affiliate in groups, and how do they sway their members? Why do so many groups make such poor decisions? This course introduces what we know about group-level interpersonal processes through the research of psychology, sociology, and related disciplines.

Did god create man? Or did the brain create god? This course examines the evidence—evolutionary, social, neurobiological—for the presence of god, religious experience, and religion in the life and development of the human. We will cover the entire history of advanced life and discuss how religion, early and present, shaped humans and our societies.
Changing lanes

Jim Malone, R’88, needed a new life plan after getting laid off from his job as a cartoon producer. He had moved to New York City in the ’90s for a music career and ended up paying his bills at a small production company dubbing Japanese cartoons into English, including the American version of Pokémon, for which Malone directed voice talent.

“Necessity is the mother of invention,” Malone said. “I could have stayed in the industry, but I just wanted to do something different. I wasn’t as passionate as I wanted to be.”

While laid off, he started building things. It began with a counter in his old apartment that he crafted from reclaimed bowling alley wood. The decline in bowling’s popularity made it easy to find a steady supply of old-growth pine lanes from shuttered alleys. Soon he was making benches and tables and throwing them up on Craigslist to test the waters. “Trial and error was pretty much my MO,” Malone said. “It all comes down to persevering.” Just as he questioned whether to stick with this business, his first commercial orders started coming in; the salad chain Sweetgreen, Starbucks, and then Shake Shack came calling.

Six years later, his company CounterEvolution (counterev.com) has opened a showroom in New York’s Flatiron District, and Malone continues to design the furniture while his team of builders handcrafts more than 300 pieces a year.

“I love selling individual pieces that are going into people’s homes,” Malone says.
WANDA STARKE, W'76, continues to produce "A Place to Call Home" for WXII 12 News in Winston-Salem, N.C. The weekly segment profiles children waiting to be adopted. She received the United Negro College Fund's Maya Angelou Women Who Lead Excellence Award, which honors women in media, in 2010 and also serves on the boards of the North Carolina Black Repertory Company and the Children's Home Society of North Carolina.

ELIZABETH LEONARD IRELAND, L'85, received an Outstanding Victim Services Professional award from Maryland Gov. Martin O'Malley last year. Ireland is a former prosecutor for Wicomico County, Md., and in 2011 became the first staff attorney at Life Crisis Center, an agency serving victims of domestic violence.

MARK HERRING, L'90, was elected Virginia’s attorney general this fall in what proved to be one of the closest statewide races in modern Virginia history. In the days after the polls closed, one thing became clear: It would be awhile before anyone knew for sure who won. Of the 2.2 million votes cast, only 165 separated the candidates. Herring’s opponent conceded defeat Dec. 18 after Herring’s lead widened by more than 800 hundred votes during a statewide recount.

REBECCA PACHECO, '01, taught the first-ever yoga classes at Fenway Park in early October. “Thank you to the Red Sox for lending us your field. We took good care of it,” she wrote on omgal.com, her yoga and wellness site. Pacheco (center) also pointed out that the Sox’s momentum leading to their World Series win started building shortly after the classes. Coincidence? Nah, probably not.

Thrive at 100

Making it to 100 is one thing; thriving is another. With Westhampton College celebrating its centennial this year, we turned to Brad Myers, R’86, the director of communication services at the Centers for Disease Control and Prevention in Atlanta, for insight into protecting your health as you age.

START EARLY “Have you seen pictures of Keith Richards? Your quality of life at 75 is not based on what you do at 65, but what you do at 25 or 35. Establishing good habits early pays off significantly.”

MITIGATE RISK AND EMBRACE PREVENTION “Take advantage of highly effective and easy preventive measures like vaccinations, avoiding distracted driving, and washing your hands.”

HELP PREVENT ANTIBIOTIC RESISTANCE “Talk to your healthcare provider about whether antibiotics are truly necessary, and if prescribed, take the full course. Not doing so helps create antibiotic-resistant forms of disease.”
Madame Clerk

Through nearly 25 years of majority switches, political upsets, and legislative sausage-making, one Spider’s seniority endures in the Virginia State Senate.

When Susan Clarke Schaar, W’72, began working at the General Assembly in 1974, the back rooms were literally smoke-filled, and nearly a decade would pass before voters elected the first woman to the Virginia Senate.

“San Francisco-like fog” and the dearth of women didn’t deter Schaar, a political science major, from starting a career that has led to managing all Senate administrative operations and a full-time staff of 26. But when senators first offered her the job, Schaar demurred.

“I was burnt out by all the politics, so I turned them down,” Schaar says. “My predecessor was one of the most political clerks in the country, and politics was not my strength. My strength was administration.”

The senators eventually convinced her to run after assurances she could run a nonpartisan shop. Today, her clerkship may be one of the few on which both sides of the aisle can agree. They’ve elected her six times through majority switches and evenly divided chambers. She is the seventh longest-serving legislative clerk in the country. Her leadership in Virginia and with several national professional associations has received multiple peer-awarded distinctions.

In the off-season, her duties include planning Capitol Square monuments, and she counts the 2007 Capitol restoration and expansion as a major highlight of her career. “The building was kind of like a poor, tired, Southern lady down on her luck, and she turned into this gleaming princess,” Schaar says.

While Schaar holds the Senate’s members in high esteem, she says that unruly pranksters sometimes challenge the decorum of the chamber during long sessions. When that happens, she uses one of her strongest tools: “They all tell me that I have a ‘mom look,’ and when they see the glare over my glasses, they try to straighten up.”
**Tesla’s currency**

Nikola Tesla is considered one of the most overlooked figures in the history of science. Margaret Foster, W’57, is working to change that.

A scientist in her own right—she’s a physicist and works at the American Physical Society—Foster can rattle off Tesla’s contributions. “[Guglielmo] Marconi was recognized for the wireless radio, but really it was Tesla,” she said. “He designed patents for motors and generators. He was an important person whose work we’ve built on and we’re still enjoying.”

Foster and the rest of the board of the Tesla Science Center at Wardenclyffe (teslasciencecenter.org) hope a museum and learning center will turn the public’s perception. The nonprofit has been trying for nearly 20 years to purchase the site of Tesla’s only remaining laboratory. The land came up for sale in 2012, but the small organization first had to raise $850,000 in order to receive a state grant to finance the purchase.

Enter Matt Inman, the cartoonist behind the popular Oatmeal website and a fierce Tesla fan. He helped start a crowd funding project and spread the word among his fans.

“We were watching as the numbers kept rolling up,” Foster says. “Within a day, it was about half a million dollars.” In the end, the total hit $1.3 million.

The site was purchased May 2, 2013, and Foster and other volunteers started the slow process of turning Wardenclyffe’s run-down buildings and overgrown land into a museum and functioning lab. Nearly every weekend, she’s out at the Shoreham, N.Y., property. “It was surprising how many people wanted to be involved and wanted this to come about,” she says. “It’s overwhelming.”

**REALITY BITES**

For Ashley Foxen, ‘10, her corporate job didn’t provide the creative outlet a studio art major needed, so she soon turned her New York City kitchen into her studio. She even overcame her fear of spiders. She’s been creating cupcakes that imitate popsicles, lattes, cheese wheels, and high heels. Some call it art imitating life. Others just call it delicious. Feast your eyes at realitybitescupcakes.tumblr.com.
NOTES

We welcome your news. Send information to your class secretary or directly to the magazine at classconnections@richmond.edu. Or you may mail it to the magazine at Puryear Hall 200 • 2 Westhampton Way • University of Richmond, VA 23177. Please include your class year and, if appropriate, maiden name. For your children, please include birth dates rather than ages. Photographs of alumni are also welcome and published at space allows. Please note that the magazine does not publish news of engagements or pregnancies. Information may take up to two issues to publish.

The magazine uses undergraduate degree designations for graduates through 1992, and law, graduate, and honorary degree designations for all years.
A B Robinson School of Business
C School of Professional and Continuing Studies
G Graduate School of Arts and Sciences
GC Graduate School of Professional and Continuing Studies
GB Richard S. Reynolds Graduate School of Business
H Honorary Degree
L School of Law
R Richmond College
W Westhampton College

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Send your news and photos to classconnections@richmond.edu.
THOSE SOPHS Back then their tyranny over the freshmen—whom they called rats—went somewhat unbridled. In 1919, The Collegian reported that sophomores met and decided that all Richmond rats should wear caps, a quirky tradition then common at many American colleges. At some point, Westhampton first-years also donned their “rat caps.” Early accounts show that students responded with both respect and apathy for the inane rules. (For example, RC rats could remove their caps earlier in the semester if the football team beat William and Mary.) Some students openly rebelled. In one tale from the early ’60s, probably apocryphal, a group of Richmond College men threw the sophomore class president and their rat caps into the lake. In 2008, a Collegian op-ed columnist wanted to bring back the beanies and the idiosyncrasies that once helped students come together, but so far, not one new cap has been spotted.
University of Richmond
Magazine

Class notes are available only in the print edition. To submit your news and photos, contact your class secretary or email us at classconnections@richmond.edu.

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SPORT CLUBS
More serious than intramurals but lower stakes than varsity competition, sport clubs occupy a cozy middle ground in the collegiate athletic landscape. More than 600 Spiders (47 percent of them women) competed in UR sport clubs during the Fall 2013 semester.
HOW’S YOUR SOCIAL LIFE?

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