

Minutes of the 1,392nd meeting of the Sphex Club

Sept. 17, 2015

Vice-president Kim Payne called the 1,392nd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Sept. 17, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bateman, Brabrand, Cyphert, Delaney, Elson, Foster, Gilmer, Hendricks, Langhorne, Ledford, Light, McIntosh, Payne, Roberts, Selden, Sigler, Stinnett, Tiller, Wilder and Wilson were present, along with emeritus member Moon. Sending regrets were Doyle, Garren, Gillette, Huston, Monk, Nygaard, Schewel and Smith. New member Cyphert was welcomed to the club.

Minutes of the previous meeting were read and approved

Membership chair Jim Elson passed out a summary of Sphex membership duties and responsibilities. He reminded members that the club's constitution has the following attendance requirement: "If a member does not attend at least 50 percent of the regular meetings of the membership during any year, then the secretary shall give written notice to the member that failure to attend at least 50 percent of the meetings of the membership during the ensuing year may result in dismissal from the club ..."

In other membership matters, Elson announced that the club had five openings and that nominations for new members would be accepted through November, with the election of new members possibly in January.

Vice president Payne then introduced the evening's speaker, Member Tom Tiller, whose topic was "On Amending the U.S. Constitution."

(Dr. Tiller, by the way, was in full compliance with all Sphex rules, duties, regulations, and best practices, not only coming off a year of perfect attendance, but also submitting the requested summary of his speech for the secretary's minutes.)

His remarks provided background concerning amending the Constitution of the U.S., and reviewed the process by which proposed amendments can be put before the states, and the requirements for approval. He also summarized the rationales of the needs for amendments advanced by five constitutional or political system

scholars: Rexford Tugwell, Sanford Levinson, John Paul Stevens, Larry Sabato and Brien Hallett.

This was followed by introduction of a sampling of amendments proposed by those named above, with a short time provided after certain ones for comments and questions. The first considered concerned war powers and declarations, representation in the Congress, gerrymandering, and fairness of the electoral college. Other proposals introduced more briefly concerned: campaign finance, balanced budget/social safety net, continuity of government after catastrophe, keeping and bearing arms, the death penalty, discrimination, religion, abortion, education, national service, length and number of presidential terms, and federal judge limits. The speaker would like to see amendments developed in Congress and sent to state conventions for consideration. Those on government structure and process should be bundled; others could be singular.

In closing, the speaker acknowledged that time permitted us only to skim the surface of the issues raised by proposed amendments, saying that any one of them could be — and has been somewhere — a topic for an entire paper or book.

After a number of questions and discussion, both during and after the speech, the meeting was adjourned at around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Membership in the Sphex Club of Lynchburg, Virginia, and Its Responsibilities
November 2011

The Sphex Club's name is derived as an acronym for science, philosophy, history and education, and "x," the unknown. The club celebrated its one hundredth anniversary in October 2010. Its constitution states that "The primary objective shall be fulfilled through the presentation of papers on intellectually challenging subjects by the club's members at its regular meetings." In recent years these "papers" have included audio-visual support. Members are required to turn in to the secretary a printed document of his/her presentation. It will be filed with the Sphex Club's records in the Jones Memorial Library.

The Sphex constitution provides for a maximum of thirty-five active members. When a new member is elected, his/her name is placed last on the current Schedule of Speakers. There are twelve regular meetings during the club year at which members present papers. The year begins in September and ends in April. Meetings are held every other Thursday, with a break for the Thanksgiving-Christmas holidays. Meetings begin at 8:00 p.m. and, depending on the length of the paper and other club business, last about an hour-and-a-half. It is approximately two and one-half years between the time a new member joins the club and the time of the presentation of his/her first paper.

There is a Sphex annual dinner meeting (usually in April or May) at which a person from outside the club—and usually from outside the Lynchburg area—is invited to speak. Often the speaker has a significant regional, and sometimes national, reputation in his or her field. Since this is the club's only real "social event" of the year, members are encouraged to bring family and friends to the annual dinner meeting.

The financial obligations of being a Sphex member are minimal. Generally, annual dues, assessed at the end of the club year, are around \$25, and the cost of the annual dinner is about the same for each member and guest.

Many of the Sphex Club's members are busy professionals (physicians, attorneys, executives in both for-profit and non-profit organizations, and leaders in various fields of education). Because of this, a Proposed Schedule of Speakers is published in May for the club year following (September through April). Members who foresee a conflict are expected to arrange an exchange of their assigned speaking date with another member and to report this arrangement to the secretary as soon as possible.

The Sphex Club recognizes that members devote a considerable amount of time to preparing their papers and that each speaker deserves to be heard by a significant number of fellow members (and guests, who are also invited). Therefore the club's current constitution, adopted in 2006, contains the following attendance requirement: "If a member does not attend at least fifty percent (50%) of the regular meetings of the membership during any year, then the secretary shall give written notice to the member that failure to attend at least fifty percent (50%) of the meetings of the membership during the ensuing year may result in dismissal from the club . . ."

Minutes of the 1,393rd meeting of the Sphex Club

Oct. 1, 2015

President Ted Craddock called the 1,393rd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Oct. 1, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Craddock, Cyphert, Dawson, Doyle, Elson, Foster, Garren, Gillette, Hendricks, Langhorne, Ledford, Light, Payne, Roberts, Schewel, Selden, Sigler, Stinnett, and Tiller were present. Sending regrets were members Bateman, Delaney, Gilmer, Huston, and McIntosh, and emeritus member Moon.

Minutes of the previous meeting were read and approved.

President Ted Craddock recognized and congratulated Member Julius Sigler, a longtime Lynchburg College professor, for the recent renaming of the LC science building as the Thomas Gibson Hobbs and Julius A. Sigler Science Center. (The late Dr. Hobbs was also a longtime Sphex member.)

Membership chair Jim Elson noted that the club's constitution has the following attendance requirement: "If a member does not attend at least 50 percent of the regular meetings of the membership during any year, then the secretary shall give written notice to the member that failure to attend at least 50 percent of the meetings of the membership during the ensuing year may result in dismissal from the club ..."

President Craddock then introduced the evening's speaker, Member Kim Payne, Lynchburg's city manager, whose topic was "Up in Smoke?"

The speech took a detailed look at Virginia's Tobacco Commission, including its origin, functions, membership, effects and outcomes, as well as some reforms that have been enacted since it was established in the 1990s as a result of a settlement between the five largest American tobacco companies and the attorneys general of 46 states.

The primary purpose of the settlement was to reduce youth smoking, but little of the money, totaling about \$106 billion so far, had gone to that effort in Virginia, the speaker noted. In fact, a large portion of it goes into the state's general fund. The speech included a detailed discussion of how the money has been used, and the

legislature's hope for a "transformational effect" on the economies of Southside and Southwest Virginia.

Payne said, "After 15 years of investment in the tobacco region it still remains behind the rest of the state in terms of unemployment, educational attainment, and wealth ... there appears to be a reluctance to increase investment in education and workforce development ... Many of the promises of significant private sector capital investment and new jobs have not been fulfilled."

The speaker concluded, "Given all of these issues, I think that it is fair to ask, 'Are the tobacco settlement funds making a real difference to a region sorely in need of help, or are they just going 'up in smoke?'"

After a number of questions and discussion, the meeting was adjourned at around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,394th meeting of the Sphex Club

Oct.. 15, 2015

President Ted Craddock called the 1,394th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Oct. 15, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Craddock, Cyphert, Dawson, Elson, Gilmer, Langhorne, Ledford, Light, McIntosh, Nygaard, Roberts, Schewel, Selden, Sigler, Stinnett, Tiller and Wilson were present, along with emeritus member Wood. Sending regrets were Bateman, Brabrand, Delaney, Doyle, Garren, Gillette, Hendricks, Huston, and Payne, and emeritus member Moon. Member Wilson introduced his guest, his wife, Sandra.

Minutes of the previous meeting were read and approved as corrected.

Membership chair Jim Elson noted that an election would be held after the holidays for the four slots open in club membership.

President Craddock then introduced the evening's speaker, Jim Elson, whose topic was "I was a Mole in the Moral Majority, or How the Academy Got Saved."

Beginning with a brief history of Lynchburg and its downtown theater, The Academy of Music, the speech reported on efforts to save and restore the 110-year-old Academy since its near-demolition in 1968. Our speaker himself was the first executive director of the Academy of Music, Inc., a local group formed to restore the theater.

With the help of the late George Snead, a Sphex member — many Sphex members were and are involved in the effort — Elson and academy supporters persuaded the Rev. Jerry Falwell and Liberty University to take ownership of the theater in the mid-1980s, and our speaker became an employee of Liberty University for a few years, during the Moral Majority era. Elson noted that while restoration was not accomplished under LU's ownership, Liberty did contribute significantly to saving the theater.

Fundraising began in earnest in the 2000s with the merger of the Lynchburg Fine Arts Center and the Academy into a new entity, the Academy of Fine Arts, again with several Sphex members leading the way. The paper discussed the progression

of those efforts in detail. Currently, the Academy of Fine Arts is in the midst of a major capital campaign, with reopening planned for 2018.

In conclusion, Elson said, “I have no doubt that George (Spheeris member Dawson) and his star group of colleagues will accomplish their goal. As a result, Lynchburg will get a cultural showcase that will increase property values—particularly downtown, generate tourism and economic activity, and attract new residents and businesses to our region.”

Following the speech, Member Dawson thanked City Council for its recent contribution to the Academy. After discussion, comments, and questions, the meeting was adjourned at 9:25 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,395th meeting of the Sphex Club

Oct.. 29, 2015

President Ted Craddock called the 1,395th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Oct. 29, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bateman, Craddock, Cyphert, Dawson, Delaney, Doyle, Elson, Foster, Garren, Gilmer, Ledford, Light, Monk, Nygaard, Roberts, Schewel, Stinnett, Tiller and Wilson were present. Sending regrets were active members Brabrand, Gillette, Huston, McIntosh, Payne, Selden, and Smith; along with emeritus members Wood and Moon.

Minutes of the previous meeting were read and approved. (at end of meeting)

Membership chair Jim Elson passed out membership rules for anyone who needed them, and mentioned the upcoming election of four new members. He said nominations should include a statement about why the nominee would be a good member. Nominations are due by Nov. 17.

Following a brief discussion of chronic absences, George Dawson noted that it was likely the busy people generally nominated for club membership would have trouble attending all the meetings, at least until they became acclimated to the schedule, and suggested there be some accommodation made for them.

In other business, Treasurer Mark Schewel reported that the club had the same amount in its coffers that it had when he was elevated to the position earlier this year.

President Ted Craddock, a longtime local attorney, then introduced himself as the evening's speaker. His topic was "May 20, 1775."

Mecklenburg County, N.C., and the town of Charlotte were settled by Scotch-Irish Presbyterians who had immigrated from Pennsylvania. On May 20, 1775, learning of the Battle of Lexington, colonial militia there adopted a "Declaration of Independence." No contemporary newspaper account of this has been found, however. In 1819, a Raleigh newspaper reported the text of the Declaration as reconstructed by the son of one of its adopters.

The language in the “Mecklenburg Declaration” contained similar phrases to Jefferson’s Declaration of Independence adopted by the the Second Continental Congress on July 4, 1776. John Adams and Thomas Jefferson corresponded concerning the Mecklenburg Declaration, and some historians believe the Mecklenburg Declaration actually was a recreation of the Mecklenburg resolves, a less radical set of resolutions adopted May 31, 1775. Many historians believe the Mecklenburg Declaration was simply confused with the Mecklenburg Resolves.

One of Mecklenburg County’s militia leaders, Capt. James Jack, an innkeeper in the town of Charlotte, carried the Mecklenburg Declaration to Philadelphia and presented it to the North Carolina Delegation and possibly other delegates at the Second Continental Congress. Jacks’ tavern, called a “hornet’s nest” by Lord Cornwallis, was burned by Cornwallis’s army.

Politically, the state of North Carolina has jealously defended the Mecklenburg Declaration, which is celebrated each May 20 in Charlotte. (Capt. Jack was a direct ancestor of both our speaker, as well as Theodore H. Jack, who became president of Randolph-Macon Woman’s College in Lynchburg in 1933.)

After several questions and answers, the meeting was adjourned around 9:25 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,396th meeting of the Sphex Club

Nov. 12, 2015

President Ted Craddock called the 1,396th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Nov. 12, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Craddock, Cyphert, Dawson, Delaney, Doyle, Elson, Garren, Gillette, Gilmer, Hendricks, Ledford, Light, Nygaard, Payne, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Tiller, Wilder, and Wilson attended. Sending regrets were Huston, Langhorne, and McIntosh.

Minutes of the previous meeting were read and approved. Treasurer Marc Schewel reported that the club has \$770.71 in its treasury. The membership applauded.

Jim Elson, chair of the membership committee, said that nominations to fill the five open positions in the club were due to him by Nov. 19.

President Craddock then introduced the evening's speaker, Ted Delaney. Delaney is director of the Old City Cemetery and a local author. This was his first Sphex speech. His topic was "Trees of the Future."

The speech covered the booming field of genealogy, and ancestral DNA research, as enabled by recent advances in internet and genetic technology and hinted at a possible merging of these two fields into one comprehensive record of the ancestry and relationship of everyone on earth.

The company Ancestry.com in particular has grown rapidly over the last few years, acquiring similar companies such as newspapers.com and Fold3, which specializes in military records. Our speaker provided specific examples of searches and showed how Ancestry, a membership-required for-profit company, has become the primary genealogical web site.

Our speaker also discussed the Church of Jesus Christ of Latter Day Saints' extensive holdings and available genealogical information, and the goals of that project.

Turning to genetic and DNA research, Delaney explained how anyone can submit a DNA sample to one of several companies which will analyze it and report back on the geographic and ethnic heritage of the individual. However, this process is still

not yet exact and provides a range of probabilities and regions for the individual's ancestry.

The speech was followed by a lively question and answer session in which topics ranged from religion to internet security. The meeting was adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,397th meeting of the Sphex Club

Jan. 7, 2015

President Ted Craddock called the 1,397th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Jan. 7, 2015, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Craddock, Cyphert, Delaney, Doyle, Elson, Foster, Gillette, Gilmer, Hendricks, Langhorne, Ledford, Monk, Payne, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Tiller, Wilder and Wilson were present, along with emeritus members Moon, Wimer, and Petty. Sending regrets were Bateman, Dawson, Garren, Light, Mcintosh, and Nygard. One guest, Ellen Stinnett, wife of the evening's speaker, was also present.

Minutes of the previous meeting were read and approved as corrected.

President Craddock announced that longtime Sphex member Jim Houston had requested to move to emeritus status. A motion to that effect was made, seconded and approved.

Jim Elson, chair of the membership committee, passed out a list of eight nominees to fill six open spots in the club. Election of the new members was set for the next meeting, Jan. 21. Chairman Elson also noted that the person who nominates a new member will become that person's "sponsor," as far as information about the club's sometimes-arcane policies and procedures.

President Craddock then introduced the evening's speaker, Joe Stinnett, the more-or-less retired editor of the Lynchburg and Roanoke newspapers.

Stinnett's speech was entitled, "From Many An Ancient River." His topic was the roughly 400 Lynchburg and Central Virginia residents who emigrated to Liberia in the 19th century, including a large group of 172 formerly enslaved people who went there in 1865 just after the Civil War.

The speech focused on the emigrants themselves rather than the politics and philosophy of the emigration movement, although the speaker noted that "colonization" was, and is, controversial, with abolitionists viewing it as a way to rid the country of African Americans.

Still, most of the people who emigrated were likely well aware of the dangers and hardships based on their frequent communication via letters with people back home.

In fact, the leader of the 1865 group, John McNuckles, wrote several letters back to Lynchburg which are preserved in the African Repository, a journal of the colonization movement. Sadly, McNuckles, along with roughly 50 percent of the emigrants, perished soon after arrival, mainly from malaria.

The speech concluded with a brief look at Liberia today and possible descendants of the Lynchburg group.

The speech was followed by several questions and answers. The meeting was adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,398th meeting of the Sphex Club

Jan. 21, 2016

Vice President Kim Payne called the 1,398th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Jan. 21, 2016, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Cyphert, Delaney, Doyle, Elson, Foster, Gillette, Gilmer, Langhorne, Ledford, Light, Monk, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, and Tiller were present, as well as emeritus member Moon. Sending regrets were Bateman, Craddock, Dawson, McIntosh, Selden, and Wilson.

One guest, Molly Ledford, wife of the speaker, was present. Minutes of the previous meeting were read and approved.

After the guest left the room, members spoke on behalf of eight nominees for six openings in the club. Two rounds of voting were held (one before and one after the evening's speech). Six new members were elected to the club: Dr. Phillip C. Stone, president of Sweet Briar College; Dr. Ken West, retired Lynchburg college professor and columnist; Circuit Court Judge John T. Cook; Jeffrey L. Nichols, president and CEO of Poplar Forest; Dr. Jim Wright, medical director, Genworth, and Dr. John Capps, president of Central Virginia Community College.

Vice President Payne introduced the evening's speaker, Tom Ledford, retired director of the Lynchburg Museum System. His speech was entitled, "The Struggle of Giants!"

The speech covered the James River and Kanawha Canal, and how it was transformed into a steam railroad right-of-way that operates today as the CSX Corporation. It traced the history of the canal from the late 1700s, and compared and contrasted the Virginia canal with the Erie Canal in New York, also discussing the important role played by Joseph Carrington Cabell, "one of Virginia's most adept" 19th century politicians.

"Cabell was ... the canal's fiercest protector; keeping at bay nearly all other public improvements that he regarded as prejudicial to his single-minded interest in a canal-only connection to the west."

After Cabell passed from the scene in the 1840s, the railroads began to emerge as the main haulers of passengers and freight in Virginia, and Lynchburg, eventually

using some of the tow path of the old canal as right of way. But due to old 100-year contracts, most of the canal in Lynchburg's Lower Basin remained open until just before World War II.

Our speaker explained why the canal was not as successful as the Erie Canal — basically, "Virginia could not afford to build the canal as Cabell conceived it."

The speech concluded that the canal was "a great adventure with much toil and romance and those emotions that follow life on the river, but when it was not longer needed or wanted, it just went away."

The speech was followed by several questions and answers. The meeting was adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,399th meeting of the Sphex Club

Feb. 4, 2016

Vice President Kim Payne called the 1,399th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Feb. 4, 2016, in the board room of Genworth Financial in downtown Lynchburg.

Active members Cook, Cyphert, Dawson, Delaney, Doyle, Elson, Garren, Gillette, Gilmer, Langhorne, Ledford, Light, Nichols, Nygaard, Payne, Roberts, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilder, Wilson and Wright were present. Sending regrets were Bateman, Craddock, Hendricks, Monk and Schewel.

New members attending included four of the six recently elected. John Cook, Jeff Nichols, Dr. Ken West, and Dr. Jim Wright were introduced to the club, and club members introduced themselves as well.

Minutes of the previous meeting were read and approved. There was no new or old business.

Vice President Payne introduced the evening's speaker, Dr. Julius Sigler, retired Lynchburg College professor. His speech was entitled, "Boys Will Be Boys." As is customary but not often practiced, he submitted a brief abstract of his speech, as follows:

Our speaker began his talk by describing his introduction to the University of Virginia. Almost immediately, he revealed that he would speak about the early history of that institution.

He first described Thomas Jefferson's vision of a secular, state-supported university — one that would be very different from the universities and colleges of the day. He described that vision using Jefferson's own words as critical to the future of the young nation. He then briefly described the struggle to actually create the school. The difficulties included the ongoing efforts of the former President's many enemies to discredit him — these included clergy who described him as the devil incarnate because of his arguments for the separation of church and state. They included the Federalists, who despised his republican political leanings, and they included supporters of other Virginia colleges who saw a future threat to their own existence if a new state university were to be created.

But our speaker also noted that Jefferson had friends, many of whom wielded substantial political influence. In addition to his neighbors, James Madison and James Monroe, both of whom were involved in the effort to create the university, his younger friend and powerful political ally Joseph Carrington Cabell would play a critical role in the eventual political outcome.

The bulk of the talk dealt with the nature of the students of the early university — mostly privileged and wealthy sons of southern plantation owners and merchants who came to the University to drink and party — and to cause trouble. He described the role that the prevailing code of honor played in the ongoing series of conflicts between these students and those who attempted to wield authority over them.

The speaker detailed a series of incidents that escalated to full-scale riots and threatened the lives and property of the faculty. During the first two decades of the University's existence, these incidents created widespread public concern and condemnation of the university itself. One led to the murder of a faculty member by a student.

Following a series of student riots, the legislature created a special commission to decide the future of the school. While the commission provided a platform and opportunity for the critics of the university to make themselves heard, it also provided a platform for alumni and faculty to make a case for its condemnation. Despite the continuing student misbehavior, the General Assembly, with the strong support of Joseph Cabell, decided to continue the annual state contribution and the university somehow survived.

(Your secretary would like to note that this is the second consecutive involvement of Joseph Carrington Cabell in a Spheeris speech, and that Carrington was a native of my favorite Virginia county, Nelson.)

Following several questions and answers, which revealed that many club members have a connection to UVa, the meeting was adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,400th meeting of the Sphex Club

Feb. 18, 2016

President Ted Craddock called the 1,400th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Feb. 18, 2016, in the board room of Genworth Financial in downtown Lynchburg.

Active members Cook, Craddock, Cyphert, Delaney, Doyle, Elson, Garren, Gilmer, Hendricks, Langhorne, Ledford, Light, Monk, Nichols, Nygaard, Roberts, Schewel, Sigler, Smith, Stinnett, Stone, Tiller, West, Wilder, Wilson and Wright were present, with emeritus member Moon. Sending regrets were Bateman, Brabrand, Dawson, Gillette, McIntosh, Payne and Selden.

Speaker Marc Schewel introduced his guests, his mother, Helene Schewel, and one of his co-workers, Scott Allen.

Dr. Phillip Stone, new member, was recognized and welcomed to the club. Minutes of the previous meeting were read and approved. Treasurer Marc Schewel reported that the club had the same amount of money, \$700.71, as it did in his previous report this year.

President Craddock appointed an ad hoc committee to take a look at the club's meeting time and meeting place, and to report back at the next meeting. Marc Schewel, Ellen Nygaard, and Cham Light volunteered to serve as this committee and were so appointed.

In recognition of the evening's meeting as the 1,400th in the club's history, Member Dennis Roberts brought and served small cups of his home-brewed beer to the membership. It was delicious. Roberts had previously done a Sphex paper on the history of beer and brewing.

President Craddock then introduced the evening's speaker, Marc Schewel, president of Schewel Furniture, whose topic was "Captivated in Catalonia."

Mr. Schewel used a recent business trip to Barcelona as an inspiration for an eclectic presentation covering a variety of subjects. He explained how the captive insurance group of which his firm is a partner saves the member-owners money by allowing them to self-insure their liability, workers' compensation, and vehicles, and that, since the company is incorporated in the Cayman Islands for a tax advantage, it is required by law to meet outside the U. S.

First, he described the presentations of motivational speakers the group heard from, including:

Chad Hymas, paralyzed from the neck down fifteen years ago when a thousand-pound bale of hay crushed his spine, who employed personal experiences to elucidate his five precepts for “Leaving a Legacy;” Todd Whitthorne, who encouraged his listeners to adopt a healthy lifestyle, thereby adding six to nine years to their life expectancy and postponing a decline in their functional capacities by as many as twenty years; and Bob Stutzman, a retired Special Agent with the Drug Enforcement Agency, and Judge Jodi Switalski, a sobriety, drug, and domestic court judge, who startled the audience with some frightening facts about the current drug epidemic.

Next our speaker shared a walking tour of Barcelona, focusing on the Casa Battlo, a house renovated by the architect Antoni Gaudi in 1904, and a bus excursion to Figueres, birthplace of Salvador Dali and site of the Theatre-Museum he conceived in 1961.

Our speaker commented briefly on three other Gaudi Barcelona creations: the apartment complex La Pedrera, the imaginative Park Guell, and the magnificent Sagrada Familia, still under construction 90 years after its groundbreaking.

Before discussing the Dali Museum, our speaker reviewed some salient points of the artist’s life: his embrace of surrealism after moving to Paris in 1936 and meeting Picasso and Miro; his marriage to Gala, his lifelong muse and financial manager; his residence in the United States during which he ventured into a variety of art forms; his later experimentation with many novel processes and media; and his relentless self-promotion, ostentatious persona, and outrageous antics.

The presentation included numerous photographs. Mr. Schewel closed by expressing regret that he was unable to visit, according to one club member, “the best attraction in Barcelona,” the Picasso Museum.

After questions and answers, the meeting adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,401st meeting of the Sphex Club

March 3, 2016

President Ted Craddock called the 1,401st meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 3, 2016, in the board room of Genworth Financial in downtown Lynchburg.

Active members Brabrand, Cook, Craddock, Cyphert, Dawson, Delaney, Elson, Foster, Gillette, Gilmer, Hendricks, Langhorne, Ledford, Light, Monk, Nygaard, Payne, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilder, Wilson and Wright, and emeritus member Moon, were present. Sending regrets were Bateman, Doyle, McIntosh and Nichols.

Speaker Hermina Hendricks introduced guests — her husband, Donnie Hendricks, and friend, Jane White.

Treasurer Marc Schewel reported that the club's finances continue perfectly stable, with \$700.71 in its account. Member Cham Light reported that the ad hoc committee appointed to study the club's meeting time and place had sent out a survey to the membership. President Craddock thanked Dennis Roberts for serving his home-brewed beer at the previous meeting, the club's 1,400th. Minutes of that meeting were read and approved.

President Craddock said that the program committee, including Marc Schewel, Dennis Roberts, and himself, had set May 31 or June 1 for the club's annual meeting, and that the speaker would be Dr. Erich Uffelman, a Washington & Lee professor who will talk about science and technology as it relates to analysis of Old Master paintings.

President Craddock then introduced the evening's speaker, Hermina Hendricks, director of multicultural student services and instructor in music at Randolph College. Her topic was, "That Wild Girl from Howard."

The speech recounted the life of Lynchburg educator Margaret Pauline Fletcher Weeden Maloney, who graduated from Howard University in 1926 and went on to teach and later serve as vice principal at Dunbar High School from 1937 until retirement in 1970. She then served on the School Board. Nationally known, she was also president of the Virginia School Boards Association and the Southern Region School Board Association.

The vivid anecdotes our speaker shared from Mrs. Weeden's life were accompanied by a life-size photo cutout, which combined to make her seem almost present at the meeting.

Ms. Weeden worked tirelessly to help Dunbar students "get into many leading, predominantly white, colleges and universities," our speaker noted, including Yale, Cornell, Dartmouth, UVa, Wake Forest, and Defiance College in Ohio, often selecting which college they would attend herself. One of those students was our speaker, who went to Defiance.

Ms. Weeden also founded and was very active in the Lynchburg chapter of the Links Incorporated, the influential and elite black women's group which supports hundreds of charities throughout the country. In addition to these activities, our speaker also touched on Mrs. Weeden's personal life — she was stylish, tall, could be intimidating, and she loved to play cards.

Noting that Ms. Maloney was one of the "Talented Tenth" whom W.E.B. Dubois predicted could improve the lot of all their race through education, Ms. Hendricks concluded that Ms. Maloney, "entrusted a few of us to pick up her banner, be unafraid to face the challenges in our societies, and to find creative solutions by being change agents. She truly was that 'Wild Girl from Howard.' "

After questions and answers, the meeting adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Sphex Club Membership Survey 2016

We are interested in keeping our membership involved and engaged. It is our desire that the club is responsive to member input. To that purpose we have created a brief survey. We welcome your opinions.

What meeting time would you prefer?

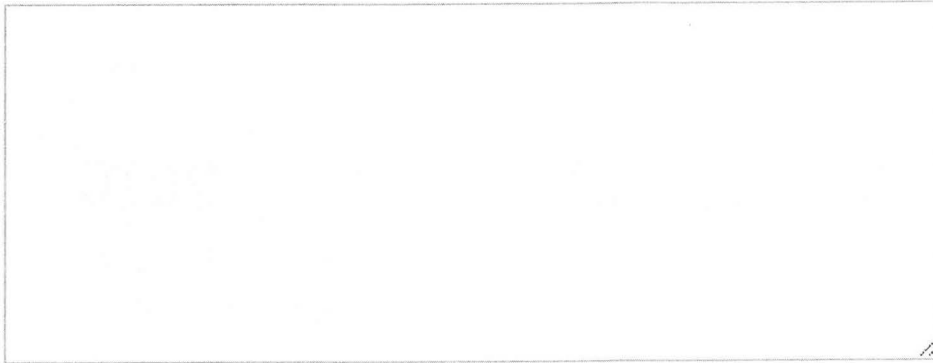
- 5:30 p.m.
- 8:00 p.m. (no change)
- 7:00 p.m

Comments about our meeting time:

**What meeting location(s) would be acceptable to you?**

(You may select multiple locations.)

- Local college campus
- Private location
- Public location
- Genworth Board Room (no change)

Comments about our meeting location:

Our attendance policy currently requires participation in 50% of the year's meetings. Excused absences are not considered. Would you...

- Maintain current policy
- Revise policy
- Allow member attendance discretion (honor system)

Comments about our attendance policy:



Would you entertain a meeting format change?

- Maintain present lecture/Q&A format
- Shorten presentations and lengthen discussion

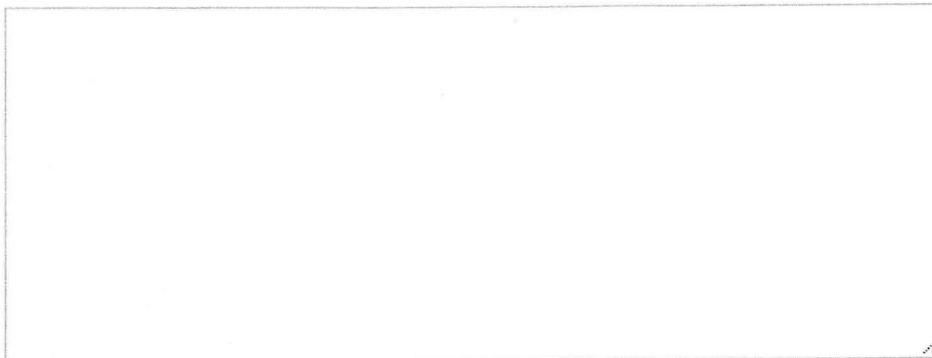
Comments about our meeting format:



Would you be interested in a year when talks revolved around a theme? (e.g., "Innovation," "Change," "Power," etc.)

- Yes
- No

Comments about annual themes:



Submit

Never submit passwords through Google Forms.

Powered by

This content is neither created nor endorsed by Google.

[Report Abuse](#) - [Terms of Service](#) - [Additional Terms](#)

Minutes of the 1,402nd meeting of the Sphex Club

March 17, 2016

President Ted Craddock called the 1,402nd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 17, 2016, in the board room of Genworth Financial in downtown Lynchburg.

Active members Bateman, Brabrand, Craddock, Cook, Cyphert, Delaney, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Ledford, Light, Monk, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, Tiller, West, Wilson and Wright were present, with emeritus member Moon. Sending regrets were Hendricks, Langhorne, McIntosh, Selden and Wilder.

Speaker Michael Gillette introduced his guests — his wife, Jodi Gillette, and friend, Helen Wheelock.

President Craddock said that the annual meeting had been set for June 1, at Randolph College. Treasurer Marc Schewel reported that the club's financial holdings totaled \$700.71. Minutes of the previous meeting were read and approved.

Ellen Nygaard, representing an ad hoc committee appointed to study the time and place of the club's meeting and possible changes to the format of the meetings, passed out results of a membership survey. She noted that the majority of the membership seemed to favor maintaining the current format and meeting time, and that further study of a possible new meeting place was in order. Randolph College and Lynchburg College have offered to host the meetings.

President Craddock then introduced the evening's speaker, Dr. Michael Gillette, whose topic was "Birdman to the Rescue."

His speech covered the history, ecology, people and culture of the isolated Pacific island of Rapa Nui, also called Easter Island, best known to most people for the gigantic stone heads, called Mo'ai, that dotted the terrain when Westerners arrived in the 1700s.

The island was settled around the year 1,000 of the Common Era by Polynesian warrior-navigators. At that time, it "was a lushly forested paradise that allowed for the rapid growth of the human population."

Rapa Nui culture was based on "socio-spiritual" power called mana which involved veneration of ancestors, who were represented by the huge statues. Political and environmental stability was lost after over-population and the arrival of Europeans, our speaker said. That resulted in the rise of a new system of government and religion.

The new system involved the cult of the birdmen, with an annual competition to pick the leader of the people. A representative of each clan would climb and swim to and from a rocky islet to retrieve a Sooty Tern egg and strap it to his forehead. The first to return with the egg intact would be the ruler of Rapa Nui for the coming year.

The island's culture collapsed in the late 1700s and early 1800s and the statues were toppled, possibly to eliminate all vestiges of the pre-birdman religion, Dr. Gillette said.

In conclusion, our speaker said that the true lesson of the rise and fall of Rapa Nui is not only ecological. More importantly, it is a lesson in how power is exercised, with analogs to our present political system: "Where is our Birdman to the Rescue?"

After questions and answers, the meeting adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,403rd meeting of the Sphex Club

March 31, 2016

President Ted Craddock called the 1,403rd meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 31, 2016, in the board room of Genworth Financial in downtown Lynchburg.

Active members Cook, Craddock, Cyphert, Dawson, Delaney, Gilmer, Hendricks, Monk, Nichols, Payne, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Stone, Tiller, West, Wilson and Wright were present. Sending regrets were Bateman, Brabrand, Doyle, Elson, Garren, Gillette, Houston, Langhorne, McIntosh, and Nygaard.

Nominating committee chair Tom Tiller presented the slate of officers for the 2016-2017 club year: president, Kim Payne; vice-president, Mike Gillette; secretary, Joe Stinnett; assistant secretary, Cham Light, and treasurer, Marc Schewel.

Treasurer Schewel reported that the club's current financial holdings totaled \$700.71. Minutes of the previous meeting were read and approved.

President Craddock then introduced the evening's speaker, Dr. Graham Gilmer. His topic was "The Rest of the Story," for which he kindly furnished the following summary.

Gold was discovered in California in 1848 followed by a massive migration of gold seekers heading West. By the mid-1850s, most realized that instant fortunes could not be achieved and a large number decided to return to the East.

The quickest method of returning was by steamship — San Francisco to Panama, crossing the isthmus, and catching a second ship to New York.

William Lewis Herndon was the captain of the SS Central America which left Colon, Panama on Sept. 3, 1857, heading to New York. On the ship were 578 passengers as well as a sizable amount of gold from the San Francisco mint and the California gold fields. The ship encountered a hurricane and sunk with the loss of 425 people and the entire cargo.

Tommy Thompson, an engineer from Ohio State University, had a lifelong fascination with ocean engineering which included shipwrecks and lost treasures at

sea. He teamed with Bob Evans, a consulting geologist for the state of Ohio. With the help of the dean of Ohio State College of Engineering, money was raised to form the Columbus American Discovery Group. This group, working from 1986 to 1988, was eventually able to find the wreckage of the SS Central America and with it the gold that represented the wealth of California in the 19th century.

Unfortunately for the Discovery Group, multiple lawsuits were filed once the gold was brought ashore. After years of litigation, a final determination conveyed 92.22 percent of the gold to Columbus America, and 7.78 percent to the insurance companies. A \$100 million contract was created, and all was well, except that the original investors in the effort were given nothing.

New lawsuits were initiated, but Thompson and his girlfriend had disappeared. They remained on the run, in a cash-only existence. In May 2015, Thompson was apprehended and at last report was awaiting sentencing.

Concluding, the speaker noted that what started with a rousing triumph including scientific breakthroughs in underwater exploration, degenerated into a story of greed, twisted lies and deceit.

After questions and answers, the meeting adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,404th meeting of the Sphex Club

Sept. 15, 2016

President Kim Payne called the 1,404th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Sept. 15, 2016, in the board room of Pacific Life (formerly Genworth) in downtown Lynchburg.

Active members Bateman, Brabrand, Cook, Craddock, Delaney, Doyle, Elson, Gillette, Gilmer, Nygaard, Payne, Roberts, Selden, Stinnett, Tiller, West, Wilder, Wilson and Wright were present. Sending regrets were Cyphert, Dawson, Garren, Hendricks, Langhorne, Light, McIntosh, Schewel, Sigler, and Smith.

Minutes of the previous meeting were read and approved. The secretary also noted that two members had received notifications that they had not attended at least half of the meetings last year.

President Payne announced that longtime Sphex member Tom Ledford had requested emeritus status. This request was approved unanimously.

In other business:

— President Payne said he was soliciting volunteers for the nominating, program and membership committees, and asked anyone interested to contact him before the next meeting.

— Dennis Roberts noted that the club “barely broke even” last year and would need to consider either raising the annual membership fee, or the cost of the annual dinner, which has been kept low to encourage attendance.

— Jim Elson said he had four copies of his Sphex history left.

President Payne then introduced the evening’s speaker, Dr. Sally Selden, who is a professor and dean at Lynchburg College. Her speech, titled “Unsung Hero: Saint and Statesperson,” was about the life of Jane Addams.

Our speaker noted that Addams, a Midwesterner who lived from 1860 to 1935, was “an exemplar of the generation of well-born progressives.” She was a person of many talents, abilities, and interests, particularly in the field of social justice.

Addams is best known for founding Hull House, a residential community center or “settlement” house in Chicago in 1889. In the process, she also founded the field of modern social work.

Our speaker said that Addams was also among the founders of the National Association for the Advancement of Colored People, the American Civil Liberties Union, and the Women's International League for Peace and Freedom.

The speech took us through Addams' amazing life, describing an influential trip to Europe in 1883 when she was exposed to dire poverty in London's East End, sparking her interest in social justice.

Selden covered six of the issues Addams "cared passionately for and fought fervently for:" child labor, women's issues, working conditions and labor relations; immigrant issues, racial discrimination, and peace and war.

She was a pacifist during World War I, which caused her popularity to drop and subjected her to gender-based criticism. However, Addams "weathered all attacks" and received the Nobel Peace Prize in 1931.

Our speaker concluded, "during this period, many talented people worked together (to advance) social justice issues — but Jane Addams held it all together."

After questions and answers, the meeting adjourned around 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,405th meeting of the Sphex Club

Sept. 29, 2016

President Kim Payne called the 1,405th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Sept. 29, 2016, in the board room of Pacific Life in downtown Lynchburg.

Active members Brabrand, Cook, Craddock, Dawson, Delaney, Doyle, Elson, Garren, Gilmer, Hendricks, Monk, Nichols, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, Stone, Tiller and Wilson were present, with emeritus member Petty. Sending regrets were Foster, Gillette, Langhorne, Light, McIntosh, Selden, West, Wilder, and emeritus member Ledford.

Minutes of the previous meeting were read and approved.

President Payne said that Ted Delaney, Jim Elson, Joan Foster, and Julie Doyle had been appointed to the membership committee, and that some good suggestions had been received for speakers for the annual meeting. He said volunteers were still needed for both the program committee, and the nominating committee, which would need to find candidates for vice president and secretary for next year.

He then introduced the evening's speaker, Dr. Scott Brabrand, superintendent of Lynchburg City Schools. Dr. Brabrand's topic was "Tom, We Hardly Knew Ya! The Life of Thomas Jefferson."

Dr. Brabrand is a native Virginian and grew up hearing stories about Thomas Jefferson and learning about him in school. His move to Lynchburg "rekindled" his interest in the third president, he said, and his speech covered several lesser-known aspects of Jefferson's life.

These areas included:

— Jefferson's impressive lineage, which included members of the House of Burgesses, landowners, farmers, surveyors, a sheriff and a "gentleman justice," among others.

— Jefferson as a son and brother, focusing particularly on his relationship with his father and oldest sister.

— As husband and father. His wife Patty died young, but their oldest daughter, Patsy, one of only two children who lived to adulthood, was with him at his death at age 83.

— The writing of the Declaration of Independence. Dr. Brabrand noted that Jefferson was not praised for this at the time and in fact was simultaneously drafting a new constitution for Virginia.

— Religion. As a student of the Enlightenment, “Jefferson remained a man who had a religious sensibility but saw reason as a guiding force.”

— Slavery. Our speaker said that this was likely the most “complex topic in the life of this complex man.” While understanding that it was the opposite of his belief in freedom, he saw no clear way to end it.

In his conclusion, Dr. Brabrand noted that Jefferson got many of the issues involved in the founding of the country right, “but some also terribly wrong. ... still he left the earth better than he found it ... Jefferson has left me more hopeful about life, more hopeful about leadership and more hopeful we can create the country we want if we only have the strength and faith to do so.”

After questions and answers, the meeting was adjourned at about 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,406th meeting of the Sphex Club

Oct. 13, 2016

In the absence of President Kim Payne, the meeting was called to order by Vice President Michael Gillette at 8:00 p.m. on Thursday, October 13 in the board room of Pacific Life in downtown Lynchburg.

Active members Bateman, Cyphert, Elson, Foster, Gillette, Gilmer, Hendricks, Light, Nichols, Nygard, Roberts, Schewel, Selden, Sigler, Smith, Tiller, West, Wilder, Wilson and Wright were present as were emeritus members Moon and Petty.

Speaker Jeff Wilson introduced his wife Sandra Wilson as a guest for the evening.

In the absence of secretary Joe Stinett assistant secretary Cham Light read the minutes of the previous meeting of Sept 29. It was noted that members Batemen, Cyphert and Foster needed to be added as present for that meeting. With that correction to the minutes they were approved.

Active member Bill McIntosh asked to be moved to emeritus status which was moved by Marc Schewel, seconded by Jeff Wilson and approved.

Mr. Gillette then introduced the evening's speaker, Dr. Jeff Wilson, retired physician who is among his other distinctions a multiple holder of degrees from Duke University. Dr. Wilson's topic was "Edna, I'm Glad I Met You, But You Were No Saint."

Summary: October 13, 2016 SPHEX

Presentation

"Edna, I'm Glad I Met You, But You Were No Saint"

Edna St Vincent Millay was not a frail recluse poet living in New England. She was a wild, red haired hellion who rose to prominence at an early age with her poem "Renascence" written in 1912. After graduating from Vassar in 1917 she settled into a bohemian lifestyle in Greenwich Village.

Sex, alcohol, and smoking excesses prevailed. Her poem from “First Fig” reflected her attitude:

“ My candle burns at both ends;
It will not last the night;
But ah, my foes and oh, my friends—
It gives a lovely light!”

She was a pacifist at this time. In 1923 she was the first woman to win the Pulitzer Prize for poetry. She had fame but little fortune with the prize of only \$1000.

In 1936 she was involved in an automobile accident leaving her with chronic right arm and back pain. It was the beginning of her drug addiction. Morphine and Dilaudid injections became daily fare. At one point she was taking up to 180 mg of morphine in addition to excess alcohol and tobacco. Her husband handled her injections but eventually became an addict himself.

In spite of poor health related to the alcohol, tobacco, and drug addiction, she became increasingly concerned about German aggression and advocates of isolationism like the Lindberghs. No longer a pacifist, she began to write war propaganda poetry such as “There Are No Islands Any More.” She wrote a book *Make Bright the Arrows* to counter a pro-isolationist book *Wave of the Future* by Anne Lindbergh.

During this time she had 3 unsuccessful operations for her chronic pain. She nevertheless made public appearances as a war propagandist driven in part by such German atrocities as the destruction of the Czech village Lidice in June, 1942.

In the fall of 1946 she was off addicting drugs (not sure how) but alcohol and tobacco abuse continued. She died at age 58 (October 19, 1950), 13 months after her husband died.

How is Edna relevant today? We have a presidential candidate in Donald Trump who leans toward isolationist policy. Drug addiction has become a more severe problem today. The case of a recent patient allows the

discussion of pain and pain meds. In 2014 there were 380,000 ER visits related to prescription narcotics and > 20,000 deaths. Since 2008 opioid overdose has caused more fatalities yearly than motor vehicle accidents.

The CDC has developed guidelines for prescribing opioids. Educating opioid prescribing health care providers along with the guidelines have made it more difficult to obtain these meds. The public, however, needs more education as well because, as prescribed pain meds have come under more control and their availability has decreased, the addicts' demand has opened the door to illicit drugs like heroin and fentanyl. The ER visits for these drugs are quickly becoming more common than prescription drug overdose and treatment is more complicated when it is difficult to discern the mixture of illicit drugs responsible. The price of Narcan (naloxone), the main treatment for acute overdose cases, is being jacked up as demand increases. There may be public sentiment developing that begrudges the use of health care resources because recidivism is so marked. Should more drugs be legalized like marijuana? Would Edna be writing political propaganda poetry today? Discuss, SPHEX!

There followed a number of questions and possible solutions to the issues presented in Dr. Wilson's paper and the meeting adjourned at approximately 9:15 p.m.

Respectfully submitted,

Cham Light

Assistant Secretary

Minutes of the 1,407th meeting of the Sphex Club

Oct. 27, 2016

President Kim Payne called the 1,407th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Oct. 27, 2016, in the board room of Pacific Life in downtown Lynchburg.

Active members Bateman, Brabrand, Cook, Cyphert, Dawson, Delaney, Elson, Gillette, Gilmer, Hendricks, Langhorne, Light, Nygaard, Payne, Roberts, Stinnett, Tiller, and Wilder were present, with emeritus member Moon. Sending regrets were Craddock, Doyle, Nichols, Schewel, Selden, Smith, and West.

Minutes of the previous meeting were read and approved.

Member Tom Tiller noted that Sphex committees are constitutionally required to have three members, and that only the membership committee was not currently in full compliance. The nominating and program committees have two members each. Accordingly, President Payne solicited volunteers to fill the open spot on each of those committees.

President Payne then introduced the evening's speaker, Dr. Bradley Bateman, the president of Randolph College, whose topic was "Farewell to All That."

Dr. Bateman noted that his academic concentration was in the history of religion in America, and his presentation covered the shrinking percentage of white Christians — especially Protestants — in the United States. He focused on a recent book, "The End of White Christian America," by Robert P. Jones.

Statistics presented vividly illustrated the decline of religion affiliation in general, especially among the 18-29 year old demographic. Our speaker discussed the effects of these broad declines in white Protestant denominations and on American culture, with a focus on politics, race, and gender.

Dr. Bateman, and the Jones book, defined White Christian America in two components — White Mainline Christians, and White Evangelical Christians. By this definition, White Christian America ended in 1993, but 2008 marked the breaking point for Jones, when the evangelical percentage began to fall.

Dr. Bateman's speech was more descriptive than prescriptive. He noted that in the future, "there will still be (white Christianity in America) but it won't be the dominant cultural factor it is now."

After his prepared remarks, Dr. Bateman asked the group several questions about their thoughts on the topic, including, "Can White Christian America support LGBT" and "Can a city like Lynchburg continue to (inhabit) the White Christian America and continue to grow and attract investment and people?"

These questions provoked what was a fairly lively (for the Sphex Club, anyway) discussion among members, some of it focusing on mainline Protestant unwillingness to allow the ordination of LGBT ministers. Our speaker said he thought that this was one reason for the decline of church membership among young people.

After questions and answers, the meeting was adjourned about 9:30 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,408th meeting of the SpheX Club

Nov. 10, 2016

Vice President Mike Gillette called the 1,408th meeting of the SpheX Club of Lynchburg to order at 8 p.m. on Thursday, Nov. 10, 2016, in the board room of Pacific Life in downtown Lynchburg.

Active members Brabrand, Cook, Craddock, Cyphert, Dawson, Delaney, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Hendricks, Langhorne, Light, Nygaard, Roberts, Selden, Sigler, Smith, Stinnett, Tiller, West and Wright were present, with emeritus members Moon and Petty. Sending regrets were Bateman, Monk, Nichols, Payne, Schewel and Wilson. Guests attending were Gretchen and Maria Roberts, wife and daughter of the speaker.

Minutes of the previous meeting were read and approved as corrected.

With the club year nearing its midpoint, new business included the announcement that the three SpheX committees were at full strength, as follows. Membership: Elson, Delaney, Foster, Nygaard. Nominating: Craddock, Tiller, and Bateman. Program: Schewel, Doyle, Wright, and Monk.

Vice president Gillette then introduced the evening's speaker, the Rev. Dennis Roberts, pastor of Holy Trinity Lutheran Church. His topic was "Multiple Improbabilities."

Pope Francis' October 31, 2016, visit to the Lutheran Cathedral in Lund, Sweden, to help launch the international observance of the 500th anniversary of the Protestant Reformation was a milestone event marking the world-changing movement that began October 31, 1517, when Roman Catholic monk, priest, and professor Martin Luther nailed his Ninety-five Theses against the sale of indulgences and papal authority to the door of All Saints' Church (the Castle Church) in Wittenberg, Germany.

The story of Martin Luther, the Reformation, and the Reformation's impact on medieval Europe is full of multiple improbabilities that help explain how a seemingly obscure academic quarrel in the provincial backwaters of the Holy Roman Empire became the seed of a great movement. The invention of the moveable-type printing press by Johannes Gutenberg and the evolution of the printing industry provide an interpretive lens to help explain how an academic,

theological spat over indulgences became a far-reaching public event that reshaped Western Europe.

Gutenberg's initial efforts to create a moveable-type press enabled him to mass-produce indulgences. In the early-to-mid 1450s, the first major book printed using the new, moveable type technology was the 42-line Bible, later known as the Gutenberg Bible.

There had been nothing in the first thirty years of Luther's life to suggest that he was the kind of person who would convulse a continent and survive to tell the tale. His survival can be attributed to a number of factors, including the protection of Frederick the Wise of Saxony and the popularity of Luther's printed writings, which tapped into a growing frustration with the Church and the political order of the time. From 1517 until his death in 1546, Luther and his followers reshaped their world. Western Christianity was split into two. Families, cities, and nation-states were forced to choose sides, and the moveable-type printing press played a leading role.

Luther's Ninety-five Theses were printed and disseminated very quickly after being posted in October 1517. His ideas and words entered the bloodstream of the European intellectual community, making Luther a controversial and notorious figure and Europe's most-published author of the day. The printers ended up richly compensated for the business they lost printing indulgences. Luther's movement opened up a new era in the history of cheap print and would become a commercial – as much as a theological – revolution. Luther would become a marketable commodity, even though he never accepted payment for any of his works so as to retain his intellectual independence and fend-off accusations of profiteering.

Printing was essential to the creation of Martin Luther, but Luther was also a creative force who shaped the German printing industry. He became the father of the modern German language. The spread of his writings were most certainly a part of the equation of his survival and created at least the appearance of a new consensus in an evolving Europe. Luther and his followers reshaped their world. His life's work "was a monument to a towering talent, but it was also a pyramid of multiple improbabilities."

After questions and answers, the meeting was adjourned around 9:10 p.m.

Respectfully submitted,
Joe Stinnett

Secretary

Minutes of the 1,409th meeting of the Sphex Club

Jan. 5, 2017

President Kim Payne called the 1,409th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Jan. 5, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Brabrand, Cook, Cyphert, Dawson, Delaney, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Hendricks, Light, Monk, Payne, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilson, and Wright, and emeritus member Moon, were present. Sending regrets were Bateman, Craddock, Langhorne, Nichols, Nygaard, and Stone.

Guests included Mark Cyphert and Patty Webb, husband and mother of the speaker. Minutes of the previous meeting were read and approved.

Jim Elson, chair of the membership committee, reported that committee member Ellen Nygaard had suggested that the club (quoting Ellen's email here) "audit the composition of our club more closely" during this year's search to fill the club's three vacancies, hoping "to offer a broader membership by many parameters; zip code, gender, race, profession, local institutional representation, and age." Elson suggested making her observations "the beginning of a longer and more profound discussion," possibly including revisions to the Sphex Constitution, Article II, on the objective of the club. Elson said he had also shared his own thoughts with the membership committee, including how a club based on an 18th century model should function in the 21st century; and including the club's lack of Liberty University representation and "captains of industry;" as well as a possible zip code quota, upper age limits, (possibly tongue-in-cheek, Jim said maybe he should be kicked out himself?) and continued racial and religious diversity.

President Payne said a discussion of these matters should be scheduled in advance, to be held at a future meeting. In other business, nominating chair Tom Tiller said that committee was 80 percent through with its work for the year, and treasurer Mark Schewel reported that the club's finances were, as usual, stable, with holdings of \$210.15.

Payne then introduced the evening's speaker, Katie Cyphert, whose topic was "Hey, I've Got A Great Idea." Her speech covered data collection and the "combination of marketing, analytics, technological change, and law," which "have given rise to the modern terms 'Big Data' and 'Data Science.'"

Our speaker explained that the collection of data, which most people provide in return for discounts via loyalty cards or social media or public records, also allows monitoring of personal behavior by not only the entities which collect the information but also other institutions with which the data is shared.

Turning to privacy, Cyphert noted that it has been severely eroded by data collection and aggregation, even when individual users are seemingly anonymous. For example, using cross-referencing between the International Movie Data Base (IMDB) and Netflix, analysts were quickly able to identify specific individuals out of a 500,000-person database.

To address the privacy concerns, the European Union has installed principles of data protection into law. And the book, “Doing Data Science” by Rachel Schutt and Cathy O’Neil, references a “Hippocratic Oath of Modeling” for financial analysts.

Our speaker noted that data collection has great potential for positive use, including in the medical, food, banking, and law enforcement fields, but that its direction should be discussed by society.

Concluding, she mentioned George Orwell’s book, “1984,” and noted that the next year, 1985, in the movie “Goonies,” one of the characters said, “Hey — I’ve got a great idea, you guys!” — the character’s name was Data.

After questions and answers, the meeting was adjourned around 9:15 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,410th meeting of the Sphex Club

Jan. 19, 2017

President Kim Payne called the 1,410th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Jan. 19, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Brabrand, Cook, Dawson, Delaney, Elson, Garren, Gillette, Gilmer, Light, Nichols, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, Tiller, West, Wilder, Wilson, and Wright were present, along with emeritus member Moon. Sending regrets were Hendricks, Langhorne, Selden, and Stone. Guests included Edie and Trey Light, wife and son of the speaker.

Minutes of the previous meeting were read and approved.

Committee reports were brief. The membership committee is still working, the nominating committee reported “all quiet,” and the treasurer said that the club’s modest holdings were in a “safe harbor.”

President Payne then introduced the evening’s speaker, attorney Cham Light, who recently retired from 30 years at Nationwide in legal and management positions. His paper, “The Caesar and the Master,” continued the theme of power and its uses, which he had examined in a previous Sphex talk.

The first part of the title, Caesar, was meant as a reference to Catherine the Great of Russia and how she acquired power when she led a coup d'etat. The second part, Master, was a reference to Lyndon B. Johnson. However, combining both these figures turned out to be too ambitious a project for one paper, so our speaker decided to save her story for another time and focus this speech on LBJ. (Your secretary thought this was a very interesting, even refreshing, look at the challenges of writing a Sphex paper. Cham also provided an excellent summary from which these minutes are drawn.)

The speech covered the period when Johnson was the U.S. Senate Majority Leader, and the passage of the 1957 Civil Rights Act. Some consider this the most challenging of his many legislative accomplishments, and our speaker used Robert Caro’s “The Years of Lyndon Johnson” as a primary source.

Johnson had gained power slowly, by various means. Some had been gained by cultivating his relationship with Richard Russell, the most influential member of

the Senate and leader of the southern caucus. Johnson also brought in large political donations and shared them with other senators. He mastered the rules and ways of the Senate, as well as the motivations of fellow Senators.

By 1957, no civil rights bill had been passed by Congress since Reconstruction. Johnson saw the Civil Rights Act of 1957 as a way to help African-Americans in the south as well as to show northerners and liberals that he was not a racist and was willing to help African-Americans. These factors were important to fulfilling his lifelong ambition of eventually running for president.

After seven months of negotiations on the bill between liberals, southerners and Republicans, the bill did not have enough votes, due to an amendment that would allow any official held in contempt for failure to obey a court order based on the act, to have a trial by jury. This provision was something the southern senators insisted on, and which the liberal and northern senators thought stripped the bill of its enforceability, fearing that white-only juries in the South would not convict anyone of contempt.

Johnson's challenge was to get enough votes to support the bill with the jury trial amendment. Our speaker detailed in step by step fashion how LBJ succeeded, using all his skills and powers. Johnson even used his own health in the argument, saying he might have another heart attack and die if the bill failed.

Concluding, Mr. Light said he believed no one can lead who does not first acquire power, and no leader can be great who does not know how to acquire power and use power. The trouble is that the combination of the two is rare. "The temperament and behavior of the ambitious, cynical player adept at amassing power is often at odds with those of the daring and imaginative visionary able to achieve great things," he said.

After questions and answers, the meeting was adjourned.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,411th meeting of the Sphex Club

Feb. 2, 2017

President Kim Payne called the 1,411th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Feb. 2, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Brabrand, Cook, Craddock, Cyphert, Dawson, Delaney, Doyle, Elson, Garren, Gilmer, Light, Nygaard, Payne, Roberts, Sigler, Smith, Stinnett, Tiller, West, and Wilson were present. Sending regrets were Gillette, Langhorne, McIntosh, Nichols, Schewel, Selden, and Wilder. Our guest was Janeen Smith, wife of the evening's speaker.

Minutes of the previous meeting were read and approved.

Membership chair Jim Elson read and distributed a Draft Sphex Membership Committee Report, which took a look at the demographics of club membership and noted that the committee was discussing how that should or could impact the filling of four vacancies. He also distributed a membership breakdown, by occupation, with pie charts (perhaps the first graphical representation of Sphex membership, ever) showing gender, race and age of the club, prepared by member Ted Delaney. It showed showed that a large majority of the members are white males living in the 03 zip code. A copy of those reports and charts are attached to these minutes.

The club discussed the membership committee report for the allotted 20 minutes, but reached no consensus, although members seemed to generally agree with Scott Brabrand, who said the matter could be summed up as follows: "What is the club, and what do we want it to be?"

President Payne then introduced the evening's speaker, Member Kevin Smith, a Lynchburg attorney and chief legal officer of Genworth Financial Life Business. His topic was "A Mischievous (MIS-CHI-VUS) Kind of Gaming."

The speech began with a look at the origins of life insurance and how "speculative life insurance," like gambling, flourished in the 18th century, with policies issued on such things as whether George II would be killed in battle, or whether an admiral would be court-marshalled and executed. Purchasers of the policies were basically gambling and need not have a familial, or financial stake, in the outcome.

That changed in 1774, with passage of laws in England calling the past practices “mischievous kind of gaming.” The new acts made “it only legal to collect on an insurance policy if a person, typically a wife or child, relied on the insured for income or was a creditor who stood to lose if the insured died before repaying the loan.”

Modern statutes require similar “insurable interest.” However, our speaker noted, this did not prohibit the rise of Credit Default Swaps, a complicated financial instrument which represent a “a promise by a ‘protection seller’ to make a lump-sum’ payment to a ‘protection buyer” in case of a bankruptcy, reorganization, payment default or credit rating downgrade.

Credit Default swaps became popular among investment banks in the 1990s. They were like insurance policies, but not technically insurance policies, so not subject to the same laws. The problem got bigger when other financial instruments, Collateralized Debt Obligations, were created to invest in the swaps (or vice-versa).

Our speaker took us step-by-step through the role that the swaps and CDOs played in the financial crisis. He explained that by 2007 AIG Financial Products, which was not even an insurance company, had written CDSs on more than \$500 billion of assets, more than twice the market value of AIG itself. When it was downgraded, AIG did not have the money to post the necessary collateral, leading to a domino effect on investment banks around the world.

Smith’s remarks made the point that regulating these financial instruments as insurance policies, which they in effect were, would have helped avoid the financial crisis. Concluding, he said that new regulations have eased the problem somewhat, but not completely.

After questions and answers, the meeting was adjourned around 9:20 p.m.

Respectfully submitted,
Joe Stinnett
Secretary

Minutes of the 1,412th meeting of the Sphex Club

Feb. 16, 2017

Vice President Mike Gillette called the 1,412th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Feb. 16, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Bateman, Brabrand, Cook, Cyphert, Delaney, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Hendricks, Light, Monk, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilder, and Wilson were present. Sending regrets were Langhorne, Nygaard, and Payne, along with emeritus members McIntosh and Moon. Our guest was Peter Doyle, wife of the evening's speaker.

Minutes of the previous meeting were read and approved.

Treasurer Mark Schewel then presented, well, let me tell you folks, it was the best treasurer's report ever. A tremendous report! Billions and billions in our accounts. The most ever! It's way over \$200! Thank goodness Marc is not a former enemy of the people like the club secretary. Sad! *(Note to the future: See President Trump's speeches from this era to get the joke. JS)*

Schewel, who is also chairman of the program committee, then reported that Saikrishna Prakash, the James Monroe Distinguished Professor of Law at the UVa law school, had been asked to speak at the annual meeting.

Membership chair Jim Elson discussed the several vacancies the club can fill this year, and requested that nominations for new members be sent to committee member Ted Delaney prior to the March 2 meeting. He also passed out a 2011 information sheet on Sphex Club membership and its responsibilities, a copy of which is attached to these minutes. This was re-adopted by acclamation, for sharing with potential members.

Vice president Gillette then introduced the evening's speaker, Julie Doyle, the president and executive director of the Education and Research Foundation in Lynchburg.

Her topic was "The Pursuit of Champagne, Faïence and a Renoir Madam." Her presentation was accompanied by a rare, for the Sphex Club, dose of refreshment — a glass of champagne for each member.

The speaker's great-great-grandparents, Joseph and Marie Rose Henriot, emigrated to the United States from France in 1852. Later, they crossed the prairie to Washington State. Henriot Champagne, from France, was always served on special occasions by Doyle's mother, Margaret Jeanne Marie Henriot Pierson, who also collected Henriot Quimper pottery. She also gave her daughters framed prints of Renoir's "Madame Henriot" portrait years ago.

The first part of the speech covered the highlights of the speaker's family heritage here in the U.S. That set the stage for a trip by Doyle, her sister, cousin, and daughter to France, where they were hoping to connect the dots of their family history.

They were rebuffed at the Henriot Champagne House, but welcomed at the Henriot Quimper pottery factory in Brittany. "Quimper has a wonderful rustic feel to it – with footbridges spanning the Odet River and half-timbered houses lining the cobblestone streets," our speaker noted. She said that the traditional Quimper faïence of her title often shows scenes of Breton life – birds, flowers and most significantly – peasant men and women.

The third Henriot connection — the Renoir Madame of the title — was Henriette Henriot. Back in Paris, she was Renoir's friend and, by some accounts, his lover – and posed for the artist at least 11 times in the 1870's and 1880's. The speech described her life, and that of her daughter, Jane Henriot, a French actress who died young.

While one goal of the trip, to find connections between the speaker's family and the well-known Henriots of France, did not come to fruition, our speaker said it was meaningful nonetheless.

Concluding, she turned to Madame Henriot's daughter: "Her ... short life was summed up with the epithet: 'She Came – She Smiled – She Passed.' Madame Henriot, however, filled the space between those dashes by living her life to the fullest. Relative or no relative – that is a truth I can embrace."

Respectfully submitted
Joe Stinnett
Secretary

Minutes of the 1,412th meeting of the Sphex Club

Feb. 16, 2017

Vice President Mike Gillette called the 1,412th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Feb. 16, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Bateman, Brabrand, Cook, Cyphert, Delaney, Doyle, Elson, Foster, Garren, Gillette, Gilmer, Hendricks, Light, Monk, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilder, and Wilson were present. Sending regrets were Langhorne, Nygaard, and Payne, along with emeritus members McIntosh and Moon. Our guest was Peter Doyle, wife of the evening's speaker.

Minutes of the previous meeting were read and approved.

Treasurer Mark Schewel then presented, well, let me tell you folks, it was the best treasurer's report ever. A tremendous report! Billions and billions in our accounts. The most ever! It's way over \$200! Thank goodness Marc is not a former enemy of the people like the club secretary. Sad! *(Note to the future: See President Trump's speeches from this era to get the joke. JS)*

Schewel, who is also chairman of the program committee, then reported that Saikrishna Prakash, the James Monroe Distinguished Professor of Law at the UVa law school, had been asked to speak at the annual meeting.

Membership chair Jim Elson discussed the several vacancies the club can fill this year, and requested that nominations for new members be sent to committee member Ted Delaney prior to the March 2 meeting. He also passed out a 2011 information sheet on Sphex Club membership and its responsibilities, a copy of which is attached to these minutes. This was re-adopted by acclamation, for sharing with potential members.

Vice president Gillette then introduced the evening's speaker, Julie Doyle, the president and executive director of the Education and Research Foundation in Lynchburg.

Her topic was "The Pursuit of Champagne, Faïence and a Renoir Madam." Her presentation was accompanied by a rare, for the Sphex Club, dose of refreshment — a glass of champagne for each member.

The speaker's great-great-grandparents, Joseph and Marie Rose Henriot, emigrated to the United States from France in 1852. Later, they crossed the prairie to Washington State. Henriot Champagne, from France, was always served on special occasions by Doyle's mother, Margaret Jeanne Marie Henriot Pierson, who also collected Henriot Quimper pottery. She also gave her daughters framed prints of Renoir's "Madame Henriot" portrait years ago.

The first part of the speech covered the highlights of the speaker's family heritage here in the U.S. That set the stage for a trip by Doyle, her sister, cousin, and daughter to France, where they were hoping to connect the dots of their family history.

They were rebuffed at the Henriot Champagne House, but welcomed at the Henriot Quimper pottery factory in Brittany. "Quimper has a wonderful rustic feel to it – with footbridges spanning the Odet River and half-timbered houses lining the cobblestone streets," our speaker noted. She said that the traditional Quimper faïence of her title often shows scenes of Breton life – birds, flowers and most significantly – peasant men and women.

The third Henriot connection — the Renoir Madame of the title — was Henriette Henriot. Back in Paris, she was Renoir's friend and, by some accounts, his lover – and posed for the artist at least 11 times in the 1870's and 1880's. The speech described her life, and that of her daughter, Jane Henriot, a French actress who died young.

While one goal of the trip, to find connections between the speaker's family and the well-known Henriots of France, did not come to fruition, our speaker said it was meaningful nonetheless.

Concluding, she turned to Madame Henriot's daughter: "Her ... short life was summed up with the epithet: 'She Came – She Smiled – She Passed.' Madame Henriot, however, filled the space between those dashes by living her life to the fullest. Relative or no relative – that is a truth I can embrace."

Respectfully submitted
Joe Stinnett
Secretary

Minutes of the 1,413th meeting of the Sphex Club

March 2, 2017

President Kim Payne called the 1,413th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 2, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Craddock, Cyphert, Delaney, Doyle, Elson, Foster, Gilmer, Hendricks, Light, Monk, Nichols, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, Tiller, West, Wilder, Wilson and Wright, and emeritus member Moon, were present. Sending regrets were Garren, Gillette, Langhorne and Selden.

Minutes of the previous meeting were read and approved.

Marc Schewel, chair of the Program Committee, announced that the annual meeting of the Sphex Club is set for May 17 (later changed to March 31) in the Student Center at Randolph College. Schewel gave an update on the committee's discussions with Saikrishna Parakash, the James Monroe Distinguished Professor of Law at the University of Virginia's School of Law, who has been invited to speak at the meeting.

Tom Tiller, chair of the Nominating Committee, suggested an amendment to the Sphex Constitution. The Constitution states, "Officers shall be elected annually at the last regular meeting in the spring." Tiller suggested that this be changed to, "Officers shall be elected annually at one of the last two regular meetings." This would avoid the complication of having less than a quorum at the final meeting of the year. No action was taken, and a copy of the proposed amendments is attached.

Membership chair Jim Elson suggested that potential club members be invited to the annual meeting and given a copy of the membership requirements, with voting on membership after the annual meeting. Mr. Tiller said that might cause discomfort for those nominated but not selected, and several other members agreed with him. President Payne suggested the club proceed for now as it has in the past.

President Payne then introduced the evening's speaker, Sterling Wilder, executive

director of the Jubilee Center and a member of the Lynchburg City Council. His topic was “Not Very Presidential.”

Mr. Wilder began with humorous asides focusing on how he tried to sidestep the challenge of speaking. Once again, we understood why many researchers rank the fear of public speaking being greater than the fear of death. However, Mr. Wilder persevered, and delivered a very interesting speech.

The United States takes pride in its 14 presidential libraries, he said. And several Virginia presidents left beautiful homes, which remain popular attractions.

The city of Lynchburg celebrates the lives of presidents in its own unique way. Ten streets that cross Fifth Street are named for presidents: Buchanan, Harrison, Polk, Madison, Monroe, Pierce, Fillmore, Garfield, Jackson and Taylor. These ten streets are in close proximity to one another.

Although the presidential streets are home to many beautiful structures, they also show the ravages of time and neglect. In fact, throughout the city are empty lots that fill with trash and derelict homes that “endanger the public’s health safety or welfare.” At any given time about 250 Lynchburg homes meet the criterion for being derelict, our speaker noted.

Mr. Wilder said that unfortunately, this housing is inhabited by the most vulnerable populations, and is often the most likely to fall through the cracks of a complaint-based code enforcement system. He also described interventions that have been successful. Some involve enforcing legal codes. But others are accomplished by individuals, churches or organizations working with residents, tenants and owners.

But more must be done. Mr. Wilder stressed that there are no easy solutions, but that one stance guaranteed not to create success is doing nothing. He promised his involvement and that of City Council and urged all of us to join in making the presidential streets and all of Lynchburg’s communities great once more.

Following questions and answers, the meeting was adjourned around 9:15 p.m.

Respectfully submitted

Joe Stinnett

and The Secretary-In-Waiting-Who-Is-Yet-To-Be-Named

Minutes of the 1,414th meeting of the Sphex Club

March 16, 2017

President Kim Payne called the 1,414th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, March 16, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Craddock, Cyphert, Dawson, Delaney, Doyle, Elson, Garren, Gillette, Monk, Nichols, Payne, Roberts, Sigler, Stinnett, Stone, Tiller, West, Wilson and Wright, and emeritus member Moon, were present. Sending regrets were Bateman, Brabrand, Gilmer, Hendricks, Langhorne, Light, Schewel, and Smith.

The meeting began with a moment of silence in memory of Sphex member Dr. James Houston, who recently passed away at age 98. Later in the meeting, several members commented on Dr. Houston, a longtime faculty member at Lynchburg College and Purdue. President Payne asked Dr. Houston's LC colleagues and fellow Sphex members, Tom Tiller and Julius Sigler, to consider preparing a resolution in his memory for a future meeting.

Minutes of the previous meeting were read and approved, with a change noting that the date of the annual meeting was now May 31.

Mr. Tiller, chair of the nominating committee, presented the slate of officers for the 2017-18 club year: Mike Gillette, president; Julie Doyle, vice president; Ken West, secretary; Cham Light, assistant secretary, and Marc Schewel, treasurer. With at least some of the members relieved they were not on this list, the slate was approved unanimously.

Membership chair Jim Elson passed out a list of six nominees for club membership. The list, with one addition from the meeting, is attached to these minutes and was later emailed to members. (Note: With the passing of Dr. Houston, the club has five openings. We began the year with 34 members, one below the maximum of 35. Tom Ledford and Bill McIntosh were granted emeritus status earlier this year, bringing the total down to 32 active members. Phil Stone, who is

moving back to Harrisonburg, has resigned from the club with the completion of his term at Sweet Briar, leaving 31 members, and now, Jim Huston's death puts us at 30.)

The election of new members is set for the March 30 meeting. In other business, the club also unanimously adopted a previously-discussed resolution suggested by the nominating committee. It changes Article IV and V of the SpheX constitution to allow election of officers at "one of the two last regular meetings in the spring" rather than at the "last regular meeting." A copy of those amendments is attached to these minutes.

President Payne then introduced Dr. Ken Garren, president of Lynchburg College whose speech was entitled, "Go Together Like a Horse and Carriage." The topic was College Lake and College Dam — you can't have one without the other.

College Lake was created in 1934 by building an earthen dam 40 feet high; a bridge spanning Blackwater Creek was constructed. The lake served for many years as a recreational area for boating, fishing, walking, and swimming. Also, it was used as an outdoor laboratory by the College.

A report dated November 14th, 1980 stated that "The dam is owned and maintained by the City of Lynchburg. The dam is classified...with a high hazard classification."

President Garren described the many efforts Lynchburg College has undertaken to save College Lake. These include working with the U.S. Army Corp of Engineers, two Virginia Secretaries of Natural Resources, and several United States senators and representatives from Virginia. Despite initial optimism, none of these initiatives proved successful.

Eventually City of Lynchburg leaders were given instructions to remove College Lake Dam. Concluding, our speaker noted that a firm is now conducting a study to determine the best plan to remove the dam, construct a bridge and restore what will remain of College Lake following the removal.

After several questions and answers, the meeting was adjourned around 9:15 p.m.

Respectfully submitted,
Joe Stinnett

Minutes of the 1,415th meeting of the SpheX Club

March 30, 2017

President Kim Payne called the 1,415th meeting of the SpheX Club of Lynchburg to order at 8 p.m. on Thursday, March 30th, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active Members Brabrand, Cook, Cyphert, Dawson, Delaney, Elson, Gillette, Gilmer, Light, Monk, Nichols, Payne, Roberts, Schewel, Sigler, Tiller, West, Wilder, Wilson, Wright, and emeritus members McIntosh and Moon were present. Sending regrets were Bateman, Craddock, Doyle, Foster, Garren, Hendricks, Langhorne, Nichols, Nygaard, Selden, Smith and Stinnett. Sandra Wilson, wife of the evening's speaker, was a special guest for the evening.

Minutes of the previous meeting were read and approved.

President Kim Payne and the membership recognized Lynchburg City School superintendent, Dr. Scott Brabrand, for his selection by the Virginia Association of School Superintendents as Regional Superintendent of the Year for Region 5.

Marc Schewel, chair of the Program Committee and Treasurer announced that for the first time invitations to the annual meeting will be mailed. Because of the increased cost of providing the banquet, the membership unanimously passed a resolution to increase the annual dues from \$20 to \$30. However, to ease tension in the room Treasurer Schewel assured members that the club still has \$210.13 in the bank -- as it has for the past ten months.

There was no old business to consider.

The Membership Committee conducted the election of new members for the 2017-2018 year. New members are Christina Delzingaro, Stephanie L. Ferguson, David Frantz and Tory Lucas.

President Payne then introduced the speaker, a fellow Duke graduate and US Navy veteran, Dr. Jeffrey W. Wilson. Wilson graduated from Duke with an undergraduate degree in Zoology. He then completed medical school, his internship and his residency at Duke University Medical School. Jeff and Sandra Wilson arrived in Lynchburg in 1978 to open his practice in rheumatology. Dr. Wilson has served as past president of the Lynchburg Academy of Medicine and in 2007 was honored with the William H. Barney Distinguished Service Award by the Academy. Dr. Wilson's latest book (2016) is entitled, "Let Me Tell You Something, Dr. Wilson."

"You Don't/Didn't Say You've Heard it Before" was the name of Dr. Wilson's interactive presentation. Introducing his talk the speaker said, "While awaiting my next SPHEX presentation I decided to take notes on your talks and the quotations used." Why do we use quotations in presentations? "Because, I believe they give some increased credibility to our opinions and presentations. However, there's nothing worse than attributing a quotation to the wrong person," Wilson noted.

The speaker handed out 31 multiple choice questions. Each began with a famous quotation used in a past SPHEX presentation. Members took turns reading a quotation and then attempting to determine which one of the people listed was the originator of the quote.

The membership experienced modest success in identifying the correct sources of the quotes. As Dr. Wilson discussed the true origin of each quote, all present learned that Mark Twain and Winston Churchill actually are not the source of all quotations.

After the final quotation was discussed, Dr. Wilson passed out answer sheets that identified the SPHEX speaker who used each quote

and the origin of the quote. The presentation ended as it began with much humor and the confirmation that quotes are frequently attributed to the wrong sources.

Respectfully submitted,
Ken West
Secretary in Training

Minutes of the 1,416th meeting of the Sphex Club

September 14, 2017

President Mike Gillette called the 1,416th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, September 14th, 2017 in the board room of Pacific Life in downtown Lynchburg.

Active Members Cook, Craddock, Dawson, Delaney, Doyle, Elson, Ferguson, Frantz, Garren, Gillette, Langhorne, Nygaard, Payne, Roberts, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilder, Wilson, Wright and emeritus member Moon were present. Sending regrets were Bateman, Cyphert, Foster, Gilmer, Hendricks, Light, Nichols and Schewel. Howard Langhorne, husband of the evening's speaker, was a special guest.

New Members Tory Lucas and Dr. David Frantz were introduced.

The Constitution and Bylaws of the Sphex Club, which were amending March 16, 2017, were given to members by Joe Stinnett.

A Resolution of Respect and Warm Regard for Dr. James Alvin Huston (1918-2017) written by Dr. Julius Sigler and Dr. Tom Tiller was read to the membership and passed unanimously. In addition to his distinguished service in the military and in the academic world, Huston was a member of Sphex for 34 years and president of the club twice.

The minutes from the previous meeting were read and approved.

President Gillette asked for members to consider joining the Membership, Nominations and Program committees of the Sphex Club.

President Gillette gave the treasurer's report written by Marc Schewel. Members celebrated the steep rise in the Sphex Club's financial holdings -- increasing from last year's high of \$210.13 to \$358.43.

Changes in the schedule of speakers for the year were announced.

Dr. Jim Elson noted that the book that tells the history of the first 100 years of the Sphex Club is in short supply. Further research will be done to determine the cost of providing future access to this history.

President Gillette introduced the speaker Arelia Langorne. Ms. Langhorne is a graduate of Valparaiso University where she majored in physics and a graduate of the University of Virginia's School of Law. In 1989 Ms. Langhorne was honored by the Virginia Center for Inclusive Communities for her contributions in Central Virginia, and in 2012 she received the Mayor's Award for Excellence. The Mayor's remarks noted that "Langhorne has volunteered with 27 civic organizations and charities, as well as 10 professional law associations. She's a former chairwoman of the Lynchburg Electoral Board and former member of the Lynchburg City School Board. Her history of service has been recognized by the YWCA Academy of Women and the Virginia State Bar."

The topic of Langhorne's presentation was "I can see Russia." The talk was based on the international best seller *Pushing Brilliance* by Tim Tigner whose career included working in Soviet Counterintelligence with the US Army Special Forces, the Green Berets.

Langhorne shared an account of *Pushing Brilliance*. The complexity of the novel was apparent immediately as was the difficulty this secretary faced remembering the list of characters – particularly those bearing Russian names. Therefore, the review of *Pushing Brilliance's* plot provided by the publisher is used below.

"Framed for murder and on the run, former Olympic biathlete Kyle Achilles is also in the crosshairs of assassins' guns. Why? He has no idea. He's fighting blind against two master strategists and one extraordinary invention--known as Brillyanc.

Achilles' only ally is the other prime suspect, a beautiful Russian mathematician who is either the best or worst person to ever enter his life. Katya was engaged to Achilles' brother -- before he died.

Chasing clues while dodging bullets, Achilles and Katya race around the globe,

uncovering a conspiracy conceived in Moscow, born in Silicon Valley, and destined to demolish both the White House and the Kremlin. Along the way a lost soul finds purpose, a broken heart confronts forbidden love, and America gains a new hero.”

In conclusion, Langhorne asked, “Could the relationship today between the United States and Russia produce similar dangers and adventures?”

After a discussion of the book and an assurance by George Dawson that indeed Russian and the United States still provide dangers and adventures similar to those described in *Pushing Brilliance*, President Gillette concluded the meeting.

Respectfully submitted,

Ken West

G. Kenneth West, Ph.D.

A Resolution of Respect and Warm Regard for Dr. James Alvin Huston (1918-2017)

**Whereas James Alvin Huston was a proud native of Fairmount,
Indiana;**

**Whereas Colonel James A. Huston was both highly respected and
greatly honored for his outstanding service in the U. S. Army campaign
through France and Germany during World War II;**

**Whereas Dr, Huston was internationally recognized for his research
and writing in the field of military history, as well as for his scholarship,
presentations and teaching during his long and fruitful his academic
career;**

**Whereas Dr. Huston served as an innovative and inspirational d
Dean of the College at Lynchburg College 1972-1984;**

**Whereas our friend and colleague Jim Huston was an active and
faithful member of the SPHEX Club from 1973 until his death March 9,
2017;**

**Whereas he served two terms as President of the Club (1980-81 and
1995-96);**

**Whereas he consistently contributed wisdom and focus to
considerations of Club procedures;**

**Whereas his presentations to the Club on a wide variety of topics were
scholarly, interesting, often humorous; and always entertaining,**

**Whereas James Huston was a rare combination of intellectual curiosity,
unquestioned integrity, warm personality and love of life, and**

**Whereas his presence is and will be greatly missed by the members of
the Sphex Club and by all who were fortunate to know him; now
therefore be it**

Resolved that the members of the SPHEX Club express their sincere appreciation for the life and outstanding membership of James Alvin Huston, their deep sorrow at his death, and their support, condolences and best wishes for his wife and family.

Huston



S-2 + S-3
after the Battle
of the C.P.

e: James A. Huston
b. March 24, 1918
d. March 9, 2017

For memorial service
March 15, 2017
Sinidaw Chapel
Lynchburg College

Even though we were fortunate to have Dr. James A. Huston here in our midst for forty-five years, he had a life of more than a half century before coming to us. From his beginning here, Jim was thought of as citizen of the wider world based on his experiences and achievements - and so he was. But the longer I knew him, the more I realized that in terms of his memories, values, humility and appreciation of everyday life he also - always and everywhere - was a citizen of his small boyhood hometown, Fairmount, Indiana.

He dedicated his anthology of writings by natives of Indiana to his parents, calling them "Two Great Hoosiers." His father had died when Jim was eight years old. When that happened his mother got trained and was employed as librarian in the Fairmount high school across the street from their home. Thoughts of home were touchingly expressed in his book about his WWII infantry battalion. And some stories he told of his days in Fairmount were like word pictures of a Norman Rockwell-painted scene. For example, with boyhood friends, creating a makeshift "golf course" on someone's vacant space by implanting tin cans for the holes without benefit of permission, or a trip with boyhood friends to the State Fair, where they were allowed by a security guard to "camp" overnight in their vehicle. He was a good student, a Boy Scout, played on the local sports teams, loved root beer floats and performed many chores. At the age of ninety eight - increasingly with help from Anne - he was still writing columns for four weekly newspapers back in

Indiana. And he still was always interested in the latest outcomes of Purdue University and Indiana University football and basketball games.

Certain characteristics readily come to mind when thinking of Jim. As we all know he was a scholarly historian and writer who produced a dozen books and hundreds of articles and presentations. It seemed that he carried in his mind an annotated outline of world history that allowed him to readily place events and topics in time, context and significance. In 1951, even President Harry S Truman, a veteran of WWI, whom Jim had twice interviewed for other projects, sent him a personal hand-written letter saying in part, "... [Your book] is a great contribution to the history of World War II. . . . I hope you will use your experience and talents for further publications." Brian Lamb, founder of C-Span, who had been a student of Jim's at Purdue, said that Professor Huston was the best teacher he ever had.

Jim Huston was creative. In one book he imagined a lengthy conversation –a dialogue really – between Tecumseh and William Henry Harrison. And for one of his talks at the Lynchburg Sphex Club, he presented a script with stage directions for a play about Zenobia, the warrior queen of ancient Palmyra, Syria – a departure from the standard fare for that group. He had a good sense of humor and had a theory about almost every thing: such as, which tennis court to choose for the least chasing of stray balls and how traffic ought to flow at intersections. At a campus banquet he once famously pulled a sandwich out of his coat pocket as mock

protection against hunger pangs in case his table was assigned to go last, thereby getting the last word in what had been a long-standing, in-house joke.

A key to his own - and his son's - extraordinary productivity even in the face of difficult health issues may have been revealed in advice he offered his son: "You must always have a project." Jim followed that practice himself: almost always researching or writing on a project. And when he wasn't otherwise engaged, he constantly exercised his mind with self challenges like "naming the five closest presidential elections," "the best five war movies." "the ten worst sins (that list humorously included a mother's keeping the star pitcher home from the championship game to do chores), etc.

Our memorial service would be incomplete without reference to a seminal experience that Jim brought with him from his life before LC - that of serving as an intelligence and operations infantry battalion officer in the WWII campaign from Omaha Beach and St. Lo on across France, Belgium and Germany. From it he learned much about leadership, information gathering, planning, tactics, communication and logistics. Many of his papers were based in part on that background. You have to know how intensely college faculty feel about curriculum matters to fully appreciate that he found it necessary to employ some of his battle lessons to advance curriculum innovation at LC.

In the foreword to the 2003 reprinting of Jim's Biography of a Battalion, his son, James W. Huston, wrote of his father, "Although he was a large man ... he is the most gentle, humble, unpretentious human being I have ever met." "He is a man of

character and honesty, integrity and humor.” The longer people know him, “the deeper their admiration grows for [him].” In that description we can all recognize and continue to appreciate the Jim Huston we knew.

Rest in peace, Jim Huston, esteemed and loved colleague, friend and all round good person.

TCT: 3/13/2017

Thomas C. Tiller

Obituaries

James Alvin Huston

James Alvin Huston, of 300 Langhorne Lane, Lynchburg, passed away Thursday, March 9, 2017. He was the son of James Alva Huston and Nettie Caskey Huston.

He is survived by his wife of 33 years, Anne Marshall Huston; a daughter, Nita Diane Woodruff and her husband, Jeff; a stepdaughter, Anne Elizabeth Exum; a daughter-in-law, Dianna; and ten grandchildren. He was preceded in death by his parents; his sister, Lois Ann Huston; his first wife, Florence Webb Huston; his son, James Webb Huston; and stepson, William Elliott Bippus Jr.

He was born in Fairmount, Indiana, March 24, 1918. He received A.B. and A.M. degrees at Indiana University; his Ph.D. at New York University; completed a term at the University of Oxford (St. John's College); with further study at the University of Fribourg, Switzerland. His doctoral studies were interrupted by four years in the Army during World War II where he was Infantry platoon leader, company commander, battalion intelligence officer, and battalion operations officer, United States and European Theater of Operations, 134th Infantry, 35th Division.

He was Professor of History at Purdue University for 26 years, with two interims as Visiting Professor of Foreign Affairs, Director of European Studies at the National War College in Washington; and one interim as Ernest J. King Chair of Maritime History at the Naval War College in Newport, R.I., and two years as Historian in the Office of the Chief of Military History, Department, the Pentagon, Washington, D.C.

In 1972 he became Dean of the College and Professor of History and International Relations at Lynchburg College and was awarded Dean Emeritus upon his retirement. He was also Director of the Lynchburg College Symposium Readings Program (classical readings, writing, and speaking across the curriculum), Editor of *The Agora*, journal of the LCSR Program, and after "retirement" Director of the Westover Honors Program.

His professional books include *Combat History of the 134th Infantry*, *Biography of a Battalion*, *Across the Face of France: Liberation and Recovery*, *The Sinews of War*, *Out of the Blue*; *United States Army Airborne Operations in World War II*; *One for all: NATO Strategy and Logistics*; *Outposts and Allies: United States Army Logistics in the Cold War*; *Guns and Butter*, *Powder and Rice: United States Army Logistics in the Korean War*; *Logistics of Liberty: American Army Services of Supply in the Revolutionary War and After*; *A Hoosier Sampler (An Anthology)*. He has had over 80 professional articles and 60 book reviews published, and has presented numerous papers and lectures, including Guest Lecturer and Discussion Leader, European-Atlantic Movement, Worcester College, University of Oxford; the Inter-American Defense College; the Foreign Service Institute (Department of State), Army Logistics Management College, Army Logistics Center, Command and General Staff College, Army Transportation, Army Ordnance Center.

He wrote an historical novel, *Counterpoint: William Henry Harrison and Tecumseh*, and with his wife, Anne Marshall Huston, two novels: *Violet Storm*, *A Novel of South Carolina During Reconstruction* and *Double Cross Fire* (a World War II adventure tale). He was also Editor of *War and Peace for Lynchburg College's Symposium Readings: Classical Selections on Great Issues*.

At Lynchburg College he was named Distinguished Faculty Scholar of the Year. Later, in his honor, this award was renamed the James A. Huston Scholar of the Year Award. He was also a Nominee for Sears Award for Teaching Excellence and Faculty Leadership at the College. Lynchburg College named one of its newest dormitory buildings The Huston House. While at Purdue University he received the Best Teacher Award.

Additional honors included membership in Phi Beta Kappa, Phi Kappa Phi, Phi Eta Sigma, Alpha Phi Omega, Omicron Delta Kappa, Phi Delta Pi, Phi Delta Kappa, and inclusion in *Who's Who in America*, *Directory of International Biography*, *International Scholars Directory*, and *Directory of American Scholars*.

In 2014, he was inducted into the Army's 35th Division Hall of Fame.

In October 2008, President Sarkozy of France awarded him the Chevalier de La Légion D'Honneur (Knight) with the ceremony of presentation at the Invalides in Paris in June, 2009. The following day, on Omaha Beach, June 6, he celebrated the anniversary of D-Day with President Obama, President Sarkozy, Prince Charles and Prime Minister Gordon Brown of Great Britain, and Prime Minister Stephen Harper of Canada.

In 1984, he received The Outstanding Civilian Service Medal from the Department of the Army. During World War II he was awarded the Bronze Star and Oakleaf Cluster.

Additional honors included membership in Phi Beta Kappa, Phi Kappa Phi, Phi Eta Sigma, Alpha Phi Omega, Omicron Delta Kappa, Phi Delta Pi, Phi Delta Kappa, and inclusion in Who's Who in America, Directory of International Biography, International Scholars Directory, and Directory of American Scholars.

In 2014, he was inducted into the Army's 35th Division Hall of Fame.

In October 2008, President Sarkozy of France awarded him the Chevalier de La Légion D'Honneur (Knight) with the ceremony of presentation at the Invalides in Paris in June, 2009. The following day, on Omaha Beach, June 6, he celebrated the anniversary of D-Day with President Obama, President Sarkozy, Prince Charles and Prime Minister Gordon Brown of Great Britain, and Prime Minister Stephen Harper of Canada.

In 1984, he received The Outstanding Civilian Service Medal from the Department of the Army. During World War II he was awarded the Bronze Star and Oakleaf Cluster.

Reserve duty included Headquarters Army Field Forces and Continental Army Command, Fort Monroe, Virginia; Office of the Deputy Chief of Staff for Logistics, Army General Staff, Washington, D.C.; Consultant, School of Systems and Logistics, Air Force Institute of Technology, Wright-Patterson Air Force Base, Ohio; Aerospace Studies Institute, Air University, Maxwell Air Force Base, Alabama, Logistician, United States Army Logistics Management Center, Fort Lee, Virginia; Colonel, USAR (Mobilization designation: Deputy Chief, Theaters Division), Office of Deputy Chief of Staff for Logistics, Washington, D.C. When he retired from the Army he had achieved the rank of Colonel.

He was a member of the American Historical Association, the London Institute of World Affairs, International Studies Association, International Institute for Strategic Studies (London), Organization of American Historians, American Military Institute, Southern Historical Association.

In Lynchburg, he was a member of the Rotary Club (two terms on Board of Directors, one as President), The Sphex Club (one term as President), and the Military Order of World Wars (one term as President), and Euclid Christian Church. He attended St. Stephen's Episcopal Church in Forest.

While in Lafayette, Indiana, he was a member of the Rotary Club; Lafayette Geographic Society (President); Parlor Club of Lafayette (President); Federated Church of West Lafayette (Board of Trustees, two terms; Board of Elders (Chairman, Vice-President, and President of the Congregation). Board of Higher Education, Disciples of Christ Christian Church, and the Committee on the Ministry, Disciples of Christ Christian Church.

His travels included over 25 trips to Europe, as well as the Far East, including Indonesia, Thailand, Philippines, Taiwan, Hong Kong, Japan, and Bermuda, Panama, and the Caribbean.

The family will receive friends on Tuesday, March 14, 2017, from 6 to 8 p.m. at Diuguid Funeral Home on Wiggington Road. A memorial service will be held in Snidow Chapel, Lynchburg College, on Wednesday, March 15, 2017, at 2 p.m. Ministers conducting the service will be the Rev. Bill Bumgarner and Chaplain Stephanie McLemore. Prior to the service a graveside burial with military honors for family and friends will be at the cemetery at St. Stephen's Episcopal Church in Forest with the Rev. Bill Bumgarner officiating.

Those wishing to make memorial contributions please consider Lynchburg College and St. Stephen's Episcopal Church.

DIUGUID
Funeral Service & Crematory

Minutes of the 1,417th meeting of the Sphex Club
Sept. 28, 2017

President Michael Gillette called the 1,417th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, Sept. 28, 2017, in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Craddock, Cyphert, Dawson, Delzingaro, Elson, Frantz, Gillette, Gilmer, Langhorne, Nuchols, Nygaard, Payne, Roberts, Schewel, Stinnett, Tiller, Wilson, and emeritus members McIntosh and Moon were present. Sending regrets were Doyle, Light, Lucas, West, Delaney, Lucas and Smith.

New member Christina Delzingaro, CEO of the Community Access Network in Lynchburg, was introduced to the membership.

Minutes of the previous meeting were read and approved as corrected .

President Gillette reported that Jim Wright, Sally Selden, and Kevin Smith had volunteered to serve on the program committee; that Tom Tiller would chair the membership committee, with two additional members needed; and that all three members were still needed for the nomination committee. He requested anyone interested to contact him.

Treasurer Marc Schewel reported that the club has \$558.43 in its coffers.

In other new business, the club voted for a one-time, \$15 assessment, on each member, to pay for a second printing of 75 copies of Jim Elson's Sphex history, for distribution to new members and other members who don't have a copy. Total printing cost is estimated at \$500.

President Gillette then introduced the evening's speaker, emeritus member Col. William McIntosh, former West Point professor and the retired director of the D-Day Memorial. His speech was titled, "Songs from the Wood."

His remarks, slides and audio clips touched on music of the Broadway play of the same title, but were rooted, as he said, in the “enchanted forests of Europe.” The speech was a wide-ranging and scholarly look at the traditional Cherry Tree carol, about the nativity of Jesus Christ, and its origins in the symbology of Mary and Joseph and Adam and Eve.

Snippets of this beautiful song came from musicians ranging from William Byrd in 1589 to rock group Jethro Tull. Slides included images related to the story as depicted in popular woodcuts from the medieval era.

That background led to the core of the speech, which covered one of McIntosh’s childhood books, “The Cherry Tree Carol,” by illustrator Jeanyee Wong, published in 1951. Our speaker still has his copy of the book, which is a graphic masterpiece of text and beautiful illustration, all done by hand in that pre-computer era. (It reminded your former secretary of an illuminated manuscript.)

McIntosh took us page by page through the short text and accompanying illustrations, noting how Wong had worked the symbology of the story into the illustrations. He also played more versions of the song, including one that had made its way from Europe to the Appalachians, then was returned by song collectors to England and published.

The cherry tree was likely a palm tree, and the cherries were dates, in the ancient origins of the song. Answering questions after the speech, McIntosh noted that exactly what the cherries meant is lost in the mists of time, but they were likely representative of blood.

The meeting was adjourned after several other questions and adjourned around 9:15 p.m.

Respectfully submitted,

Joe Stinnett

**Minutes of the 1,418th meeting of the Sphex Club
October 12, 2017**

Vice President Julie Doyle called the 1,418th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, October 12th, 2017 in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Craddock, Dawson, Delaney, Delzingaro, Doyle, Elson, Frantz, Garren, Gilmer, Hendricks, Langhorne, Lucas, Nichols, Nygaard, Payne, Roberts, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilder, Wright, and emeritus member Moon were present. Sending Regrets were Cyphert, Ferguson, Foster, Gillette, Light, Schewel and Wilson. Rosemary Dawson, the wife of the evening's speaker, was our special guest.

New member Tory Lucas, Professor of Law at Liberty University, was introduced to the membership.

Minutes of the previous meeting were read and approved.

Tom Tiller reported that Kim Payne and Hermina Hendricks have joined him on the Membership Committee. Presently, SPHEX can add two members to the club. Please contact any of the members of the committee to make a nomination.

The Nominations Committee needs three members. Those interested in serving should contact President Gillette.

There was no report from the treasurer. However, the membership was assured the coffers remain overflowing.

Vice President Doyle introduced the night's speaker, George Dawson. He was born in Crozet, Virginia and met his "current wife" Rosemary in the third grade. They married after completing their undergraduate educations. After graduating, Mr. Dawson served in the U.S. Army Medical Services Corps in Viet Nam as the junior officer in charge of the medical evacuation of injured soldiers. In 1980 George, Rosemary and their son Nick moved to Lynchburg where Mr. Dawson

became the President and CEO of Centra Health during the merger of Virginia Baptist and Lynchburg General hospitals. Since then George and Rosemary Dawson have distinguished themselves by their volunteer work, philanthropy and involvement on a variety of boards throughout Central Virginia. In 2011 *The News and Advance* recognized Mr. Dawson as the Person of the Year in Central Virginia.

In his non-stop version of retirement, Mr. Dawson has also become well known for his artwork. A reviewer wrote, "In his art, he explores unaccustomed views of familiar scenes. Unbound by convention, Dawson looks for new ways to express color, shape and form." In the fall of 2017, Mr. Dawson received the Katie Hill Vaden Memorial Award for his work exhibited in the Lynchburg Art Festival.

Mr. Dawson introduced his presentation entitled "King of the Elephants?" by discussing the Babar books that he and Rosemary read to young Nick in the early 1980s. In these books written by the French author Jean de Brunhoff, Babar's mother is killed by a hunter in the jungle. "Babar escapes, and in the process, leaves the jungle, visits a big city, and returns to bring the benefit of civilization to his fellow elephants" (Wikipedia). When the elderly king of Elephantland dies, the European-influenced Baber becomes the new king. The Babar books received criticism for promoting colonialism and implying that French city life is superior. Interestingly, many critics objected to the author's imaginative anthropomorphism that suggested elephants exhibit human-like characteristics.

On a trip to a national game preserve in Zimbabwe, Mr. Dawson fell in love with elephants as he watched more than 200 systematically and cooperatively take turns drinking from a man-made watering hole. Dawson explained that elephants are herbivores who eat up to 600 pounds of vegetation a day. Their feet, trunk, brain and teeth are uniquely adapted to life in their environment. Perhaps most impressive are their unique and complicated sensory capabilities that allow them to detect at great distances the presence of dangerous predators and the distress felt by fellow elephant families.

Was Baber really elected king of the elephants? It wouldn't matter, Dawson explained. Elephant families are matriarchal and consist of a "female and her

children and sisters and other relatives and friends. Young males live with this family until they reach sexual maturity.” Matriarchs are usually the senior females in their families. When a matriarch reaches the end of her life, she trains a successor to become the new leader and matriarch.

In 1837 Darwin wrote, “Animals, whom we have made our slaves, we do not like to consider our equal.” This view has allowed humans not only to mistreat fellow humans but also to slaughter elephants for financial gain. “Since Roman times the world’s elephant population has been reduced by as much as 99%,” according to National Geographic. In the 20th Century, Americans were responsible for much of the widespread slaughter of elephants, and in the 21st century the Chinese and now the Vietnamese’s lust for ivory has contributed to the diminishing elephant population at the hands of highly organized poachers.

Mr. Dawson summarized major milestones since 1900 in both the elimination and conservation of elephants. Although the destruction of elephants primarily by poachers continues to diminish herds, China has committed to making the ivory trade illegal within the next five years. But will humans actually protect the lives of elephant families from mercenary poachers? Dawson believes it may depend on our becoming more anthropomorphic by honoring the elephants’ superior ability to communicate, skill for working cooperatively in groups, dedication to raising their children and grandchildren, and ability to create caring relationships with other elephant families and even non-predatory humans. Was Baber king of the elephants? It doesn’t matter because it’s a woman’s world. And, as Dawson suggested, that’s a world humans might be wise to protect and imitate more closely.

Respectfully submitted,

Ken West

G. Kenneth West, Ph.D.

**Minutes of the 1,419th meeting of the Sphex Club
October 26, 2017**

President Mike Gillette called the 1,419th meeting of the Sphex Club of Lynchburg to order at 8 p.m. on Thursday, October 26, 2017 in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Cyphert, Dawson, Delaney, Delingaro, Doyle, Elson, Foster, Frantz, Garren, Gillette, Hendricks, Langhorne, Lucas, Nichols, Payne, Roberts, Schewel, Sigler, Tiller, West, Wilder, Wilson, Wright and emeritus member Wood were present. Special guests included the speaker, Marc Schewel's fiancé Jacquie Glanz, his son Matthew and Matthew's wife Patricia. Patricia's parents Dr. and Mrs. Julio Rodriguez were also Sphex's special guests for the evening.

Sending regrets were Bateman, Craddock, Ferguson, Gilmer, Light, Nygaard, Selden, Smith and Stinnett.

Minutes of the previous meeting were read. Two revisions were made. Surprising to most of the membership, George Dawson was selected by The News and Advance as person of the year in 2011 not in 1911. Also, Tory Lucas is a Professor of Law at Liberty University not an Assistant Professor of Law. Miraculously, by simply revising these minutes, one man became 100 years younger and another was promoted to full professor.

President Gillette introduced our speaker for the evening, Mr. Marc Schewel. Mr. Schewel was raised in Lynchburg and graduated from E.C. Glass and Washington & Lee University. Schewel began his professional career as a teacher at Appomattox High School. He left teaching to become part of the fourth generation of the Schewel family to work at the Schewel Furniture company that was founded in 1897. Schewel currently serves as Chief Executive Officer.

Mr. Schewel is a past chairman of the National Conference of Community and Justice and past state chairman of the Anti-Defamation League of B'Nai B'Rith. Schewel served as president of both the YMCA and the Southern Home

Furnishings Association. His contributions also include being chair of several boards including the Lynchburg Jewish Community Council's, New Vistas School's board of trustees, and the Churches of Urban Ministry's business advisory board. In addition he has served on the boards of Randolph College, The Salvation Army, and Lynchburg College's School of Business.

Mr. Schewel provided the following summary of his presentation, "A Study in Tyranny."

For his tenth SpheX presentation, titled "A Study in Tyranny," Marc Schewel chose to explore the despotic regime and egomaniacal personality of Rafael Trujillo, the dictator who ruled the Dominican Republic as if it were his personal fiefdom from 1930 to 1961.

Mr. Schewel introduced his subject by reviewing the case of Jesus de Galindez, who was kidnapped from a New York City subway station on March 12th, 1956, flown to the Dominican Republic, and presumably killed there, simply because he was the author of a not-yet-published scathing expose of Trujillo. Trujillo was heir to a long tradition of one-man rule or caudillism – the furtherance of one's personal ambitions through the instrument of politics.

As an outgrowth of its military occupation of the Dominican Republic from 1916 to 1922 – which President Wilson enacted to restore political and economic stability – the U. S. established a National Guard, which proved to be a fertile breeding ground for the youthful Trujillo. He rose rapidly through the ranks, and in 1928, at the age of thirty-six, was named Chief of the National Army. He used a front man, Rafael Estrella Urena, to engineer a coup against the president in February 1930, then secured for himself the nomination of the Confederate Party through coercion and bribery. A campaign of intimidation and terror conducted by army storm troopers compelled the opposing Alliance Party to withdraw all its candidates, and in May Trujillo won the presidency with more votes, 224,000, than the number of registered voters.

He acted swiftly to consolidate his power. His formula was simple: extreme centralization of executive authority and brutal suppression of all disagreement. In 1937, Trujillo committed his most heinous crime – the slaughter of 20,000 Haitians who had been encroaching on Dominican territory and ravaging produce and cattle farms.

Stung by worldwide condemnation of the massacres, Trujillo renounced the presidency in 1938, and for the next four years ruled by surrogate. The Dominican exile community plotted feverishly but unsuccessfully to overthrow Trujillo both in 1947 and 1948.

On December 20, 1955, the curtain rose in Ciudad Trujillo (the capital, formerly Santo Domingo) on a lavish World's Fair dedicated to Rafael Trujillo and his contributions to Dominican life. Forty-two nations participated. Dignitaries from around the world paid tribute to the man and his country. His daughter Angelita was crowned Queen, modeling an \$80,000 jewel-encrusted gown, carrying a \$75,000 scepter and brooch, and escorted by 140 attendants. Yet the extravagant glitter was only a veil. Beneath it, all society suffocated from the megalomania and despotism of the dictator, whose newest instrument of terror was a depraved brute named Johnny Abbes. Appointed Chief of the Military Intelligence Service (SIM), Abbes expanded its reach to include political surveillance, censorship, immigration control, and foreign subversion.

Trujillo and Abbes struck back with unprecedented vengeance at those who opposed his regime. Two egregious incidents: the abduction and brutal beating to death of the three beautiful Mirabel sisters as they were returning home from taking food and clothing to their imprisoned husbands; and the attempted murder by car bomb of Romulo Betancourt, President of Venezuela resulted in the diplomatic isolation and the imposing of economic sanctions on the Dominican Republic by its hemispheric partners.

On the evening of May 30, 1961, while traveling with his chauffeur from the capital to his hacienda in San Cristobal, Trujillo was gunned down by four shooters from a pursuit vehicle. Some of the weapons may have been supplied by the CIA. Trujillo possessed an extraordinary need for adulation and the proliferation of his name. He regarded himself as an instrument of God, a chosen man with a mission to perform. His deification was formalized in the promulgation and omnipresence of the nation's slogan: "God and Trujillo."

He ruled with a complete absence of scruples. One would be hard-pressed to find an atrocity that was not committed by him or by others in his name: arrest, kidnapping, imprisonment without trial, torture, exile, death, starvation, government-inflicted poverty.

Trujillo turned the Dominican state into a personal business. By the end of his life, Trujillo, the reigning family, or their surrogates controlled nearly eighty

per cent of the country's industrial production. His empire was generating an annual income of \$36 million, making his estate worth \$500 million.

While the Dominican Republic experienced significant economic and social progress during the era of Trujillo, only a small portion of the population reaped any benefits. His merciless methods led to the destruction of the Dominican spirit, the erosion of human respect and dignity, and the corruption of public morals through fear and suspicion. In a land where, at the proper time and place, each subject had to pay dutiful homage by reciting the pagan panegyric "Thanks to God and Trujillo," most are all too happy today to be able to celebrate the day of the dictator's assassination as a national holiday.

Questions were entertained. Dr. Julio Rodriguez who lived in the Dominican Republic under the rule of Trujillo for 23 years, added interesting, personal insights

The meeting was adjourned by President Gillette at 9:20 PM.

Respectfully submitted,

Ken West

**Minutes of the 1,420th meeting of the Sphex Club
November 9, 2017**

President Mike Gillette called the 1,420th meeting of the Sphex Club of Lynchburg to order at 8:00 p.m. on Thursday, November 9, 2017 in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Craddock, Dawson, Delaney, Doyle, Elson, Ferguson, Frantz, Garren, Gillette, Gilmer, Hendricks, Langhorne, Light, Lucas, Moon, Nygaard, Payne, Roberts, Selden, Sigler, Smith, Stinnett, Tiller, Wilder and Wright were present. Special guests were introduced by the speaker and included his wife, Elizabeth Cook, his daughter Jean Cook, Bryan Murray, his court bailiff, who also managed the electronic presentation of the speaker's photos and the speaker's colleague the Honorable Ellen White, a Juvenile and Domestic Relations Court judge.

Sending regrets were members Bateman, Cyphert, Delzingaro, Foster, Nichols, Schewel, West and Wilson.

Minutes of the previous meeting prepared by secretary West were read by assistant secretary Light and approved as drafted.

President Gillette introduced our speaker for the evening, the Honorable John Tandy Cook. Judge Cook was raised in Lynchburg, graduated from Virginia Episcopal School and subsequently received B.A. and J.D. degrees both from the University

of Virginia. Judge Cook was a partner in the law firm of Caskie and Frost and has served as a Circuit Court Judge in the 24th Judicial Circuit since 2008.

Judge Cook provided the following summary of his presentation the topic of which was, "I think I shall nominate you."

In January of 1801, John Adams in the last days of his presidency learned from his Secretary of State that his choice for Chief Justice, John Jay, declined the position because the Court did not have sufficient confidence and respect it deserved. After declining to pick his Secretary's suggestion of a second choice, he nominated his Secretary of State, John Marshall. Marshall would serve for thirty five years. He is recognized as the single figure that best represents American law.

Marshall was born on the frontier in Fauquier County, Virginia. As a young man, he served in the Revolutionary War. Prior to his appointment, he was a state legislator, a delegate to the Virginia Constitutional Convention, a congressman, a successful lawyer and a special envoy to France. Marshall brought many qualifications to the Court. He would transform the Court in many ways. He created a band of brothers by having the justices live and eat together in a boarding house. Most of the Court's opinions were unanimous and Marshall wrote the majority of the opinions. The most important factor in the emergence of the Court was the brilliance and strength of his opinions particularly on constitutional issues. The

opinions have endured and Marshall is considered the expounder of the constitution and the definer of a nation.

As part of the paper, photos were shown of Marshall's birthplace, his boyhood homes, the Marshall House in Richmond and his grave site in Shockoe Hill Cemetery in Richmond, VA.

After several questions and comments the meeting was adjourned by President Gillette at 9:00.

Respectfully submitted,

Cham Light

**Minutes of the 1,421st meeting of the SPHEX Club
January 4th, 2018**

Vice President Julie Doyle called the 1,421st meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, January 4th, 2018 in the board room of Pacific Life in downtown Lynchburg.

Active members Bateman, Cook, Cyphert, Delaney, Doyle, Elson, Gilmer, Hendricks, Light, Nichols, Payne, Roberts, Schewel, Selden, Sigler, Smith, Stinnett, Tiller, West, Wilson and Wright were present. Dr. Patty West, wife of the speaker, was a special guest.

Not able to attend were members Craddock, Dawson, Delzingaro, Ferguson, Foster, Frantz, Garren, Gillette, Langhorne, Lucas, Nygaard and Wilder.

Minutes of the November 9th meeting were prepared and read by Assistant Secretary Light. They were approved without modification.

Dr. Tom Tiller, chair of the membership committee brought forward the names of three nominees for membership in the SPHEX Club. Caroline B. Glickman, Managing Editor of *The News and Advance*; Nancy B. Marion, owner of The Design Group and Publisher of Lynch's Ferry; and Meredith Jung-En Woo, 13th President of Sweet Briar College. Action on the nominees is scheduled for January 18th.

Treasurer Marc Schewel reported that the additional copies of “The SPHEX Club of Lynchburg, Virginia: The First One Hundred Years 1910-2010” written by Dr. James Elson have been paid for in full. And, the balance in the SPHEX Club’s account stands at \$271.56.

A resolution to honor and memorialize the life of the late Judge William W. Sweeny was unanimously approved by the SPHEX membership. The resolution was written by Ted Craddock and read by Cham Light.

Vice President Doyle introduced our speaker for the evening, Dr. G. Kenneth West who taught Human Development, Marriage and Family Counseling and other courses at Lynchburg College for almost 40 years. He founded the Lynchburg Parent Education Center and the Center for Family Studies at Lynchburg College. The speaker wrote a weekly column in the News and Advance for 28 years. In addition, he published a text in Developmental Psychology and several parenting books that were translated into colorful languages such as Czech and Indonesian.

The speaker’s presentation was entitled, “If you see Cupid crossing the road...” The presenter emphasized that throughout history the arrangements creating intimate relationships have frequently changed. Solomon had 700 wives, today the practice of arranged marriages accounts for between 50 to 60% of

marriages in the world. And, a growing movement in Western Europe is seeing committed couples reject formal marriage completely.

The speaker then focused on the practice of selecting a partner based on romantic love. The 20th century philosopher, Joseph Campbell maintained that this relatively new practice did not begin in the Western World until the 12th Century. Divorce rates and the number of relationships that persist through time in what Dr. Robert Sternberg described as empty love expose the potential weakness of choosing a spouse based solely on intense feelings of attraction. Sternberg estimates that about 10% of marriages reach and maintain the dream of romantic love as modeled in Disney's Cinderella and opera's Tristan and Isolde.

By combining ideas from different theories the speaker made a practical suggestion for how individuals could select better matches for partners. The leading marriage theorist, Dr. John Gottman, maintains that every couple has lifelong mismatches. However, two of these mismatches are particularly predictive of divorce in untrained couples. Ironically, help might come from the new brain imaging research that shows in the first 12 months of a relationship the romantic brain changes to look almost exactly like a brain on cocaine. Coining the term "cocaine brain," these theorists believe in the first year of a relationship new couples of any age cannot see the serious mismatches in their personalities. On the other hand, couples that do not commit to marriage too early will have an increased

opportunity to identify severe mismatches. At that time they can either seek premarital counseling or eliminate critically mismatched partners. When new couples see cupid crossing the road, they should slow down – slow way down. By slowing down, maybe a person's marriage day will not turn out to be the happiest day of life – but will be the beginning of countless happiest days for the couple.

After a question and answer period, the meeting was adjourned by Vice President Doyle at 9:15 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

**SPHEX CLUB MEMORIAL FOR THE
LIFE OF JUDGE WILLIAM W. SWEENEY**

WHEREAS, the Sphex Club of Lynchburg wishes to honor and memorialize the life of its deceased member, Judge William W. Sweeney. The Sphex Club of Lynchburg at its meeting on January 4, 2018 adopted the following resolution:

WHEREAS, the Hon. William Whitney Sweeney, retired judge of the Circuit Court of the 24th Judicial Circuit of the Commonwealth of Virginia, died November 5, 2017 after a long illness. A longtime member of the Sphex Club, Judge Sweeney, born in Greensboro, North Carolina on April 9, 1928, and raised in Lynchburg, was at the time of his retirement the longest serving circuit court judge in Virginia. A graduate of E.C. Glass High School in Lynchburg and Virginia Military Institute in Lexington, Judge Sweeney received his law degree from the University of Virginia Law School. After service in the 101st Airborne Division, he practiced law in Lynchburg with the firm of Caskie, Frost, Davidson, and Watts and was an accomplished trial lawyer. At the age of 36, Judge Sweeney was appointed judge of the then sixth judicial circuit. As a circuit judge, exceptionally active in judicial education, Judge Sweeney taught at the National College of Judicial Education, taught newly appointed judges courses at the American Academy of Judicial Education, and for many years was an adjunct law school professor, teaching trial practice at UVA Law School, Washington and Lee School of Law, and Liberty University Law School. He served as chairman of the Virginia House of Delegates Ethics Committee, and after retirement as fulltime circuit judge, he sat by designation in circuit courts throughout the Commonwealth, and was an active mediator.

WHEREAS, Judge Sweeney was a lifelong member of Court Street United Methodist Church, where he taught Sunday School for over 50 years. He was a proud member of the Sphex Club of Lynchburg, Chairman of the Board of the Salvation Army, and on the boards of many community and civic organizations. With a fine sense of humor, Judge Sweeney published a delightful book concerning his predecessor, Judge Charles E. Burks.

WHEREAS, as *The News & Advance* in an editorial concerning Judge Sweeney's life chronicled, Judge Sweeney was everything a judge should be. He had a wonderful demeanor and the lawyers who practiced before him appreciated his kind, even temperament and his fairness and intelligence.

WHEREAS, elected as a member of the Sphex Club of Lynchburg on January 18, 1979, Judge Sweeney presented 11 interesting and well-received papers and was an active Club member until his health failed. He is survived by his wife, Nada M. Sweeney, his sister, Pat Sweeney Shahrohki, three children, Debra, Dan, and John, and six grandchildren.

THEREFORE, BE IT RESOLVED, that the Sphex Club of Lynchburg adopts this memorial resolution, and the Secretary shall forward a copy thereof to Judge Sweeney's family and place a copy in the records of the Sphex Club at Jones Memorial Library.

ADOPTED this 4th day of January, 2018.

**Minutes of the 1,422nd meeting of the SPHEX Club
February 1, 2018**

President Michael Gillette called the 1,422nd meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, February 1st, 2018 in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Craddock, Cyphert, Delaney, Delzingaro, Doyle, Elson, Ferguson, Frantz, Garren, Gillette, Hendricks, Langhorne, Nygaard, Roberts, Stinnett, Tiller, West, Wilder, Wilson and Wright were present. Allen Chambers was a special guest of the speaker, Dr. Jim Wright, and of the SPHEX Club.

Unable to attend were members Bateman, Dawson, Foster, Gilmer, Light, Lucas, Nichols, Payne, Schewel, Selden, Sigler and Smith.

The minutes were read and one correction was made. The resolution to honor and memorialize the life of the late Judge William W. Sweeney was read in the January 4th meeting by Cham Light and was written by Ted Craddock.

Dr. Tom Tiller, chair of the membership committee, brought forward the name of Nancy B. Marion, owner of The Design Group and Publisher of Lynch's Ferry, who was elected into membership. Two additional nominees may be considered at a later time.

Dr. Jim Wright of the Program Committee announced that Dr. Khyati Joshi will be the speaker at The SPHEX Club's annual meeting at Lynchburg College. Dr. Joshi is a

commercial artist, Eddie Deady, before attending the Phoenix Art Institute for one year in New York City, where he studied under some of the best illustrators of the day. He returned to Lynchburg in 1937 to work for the Lynchburg Engraving Company and then for Craddock-Terry Shoe Corporation. During WWII he did art work for the US Navy. In 1944 he founded Frank Wright Studio, first located in the Law Building. He acquired a partner, Mr. Ken Williams, in 1945. The business expanded and moved to new quarters in 1948 and moved again into a custom-constructed building in 1956. Two years later Wright bought into the recently founded Central Lithographic Corporation and located its operations in the lower level of his new building. Rapid growth was fueled by a steady demand for advertising services from Craddock-Terry, the Lane Company, Morton Manufacturing, and later First Colony Life, Fidelity American Bank and other locally owned businesses. By 1958 the company employed eight full-time artists. Over the next 25 years, it operated at full capacity, turning out a full range of advertising materials, including annual reports, catalogues, brochures, print advertisements for newspapers and national magazines, and logos. Wright became well known for his pencil drawings of well-known buildings. The sale of Craddock-Terry, the Lane Company and other businesses in the 1980's to out-of-town concerns reduced the demand for a large, local advertising agency. The rapid development of desktop computing capabilities also adversely affected the business. Wright closed the company at the age of 84 in 1996 but continued to provide work on commission until he was 92-years-old.

Questions followed the presentation.

The meeting was adjourned by President Gillette at 9:20 PM.

Respectfully submitted,

Dr. Ken West
Secretary

**Minutes of the 1,423rd meeting of the SPHEX Club
February 15, 2018**

President Michael Gillette called the 1,423rd meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, February 15th, 2018 in the board room of Pacific Life in downtown Lynchburg.

Active members Bateman, Cook, Cyphert, Dawson, Delaney, Delzingaro, Elson, Ferguson, Foster, Frantz, Garren, Gillette, Langhorne, Light, Lucas, Marion, Nygaard, Roberts, Schewel, Smith, Stinnett, Tiller, West, Wilson and Wright were present.

Unable to attend were members, Craddock, Doyle, Gilmer, Hendricks, Nichols, Payne, Selden, Sigler, and Wilder

Minutes of the February 1st meeting were read and accepted without modification.

Nancy Marion attended her first meeting as the newest member of the SPHEX Club and was welcomed by her fellow members.

After some exploration and discussion, it was decided to keep the SPHEX membership at 34 for the remainder of the 2017-2018 year.

The Nominating Committee shared their nominations for officers to lead SPHEX in the 2018-2019 years.

President – Julie Doyle; Vice President – Jim Wright; Secretary – Ken West; Assistant Secretary -- Cham Light; Parliamentarian – Jim Elson and the Life-long SPHEX Treasurer Marc Schewel.

Marc Schewel gave the treasurer's report for both the February 1st and February 15th meetings. On February 1st, 2018 the SPHEX Club's balance was \$331.56. On February 15th, 2018 the SPHEX Club's balance was \$331.56. However, Treasurer Schewel flashed \$15.00 in cash given to him by a member before the February 15th meeting. So, stay tune for a possible dramatic shift in the next treasurer's report.

President Gillette shared the unfortunate news that SPHEX's beloved secretary for so many years, Maureen Hammer, is fighting cancer. Mrs. Hammer has made arrangements for officers of SPHEX to take over her duties until she returns. The SPHEX Club membership will contact Maureen to share their concern and well wishes.

President Gillette then introduced Dr. Tom Tiller our speaker for the evening. Our speaker and his wife Mary Frances have two sons, Thomas and Craig, and four grandchildren. Dr. Tiller is a graduate of Lynchburg College and served that institution for one-half of a century. Among the positions Dr. Tiller held were Dean of Students, Dean of Student Affairs, Professor of Education and Human Development, Administrative Vice President, and Assistant to the

President. Dr. Tiller contributed tirelessly to the College's most important committee work. In addition, Dr. Tiller served on the Lynchburg School Board for eight years and the Lynchburg Planning Commission for eight years. Throughout these years, Dr. Tiller offered a constant example of leadership, achievement, modesty and gentlemanliness.

Dr. Tiller provided this summary of his presentation entitled, **“Come, Take a Walk With Me.”**

In this paper Club members are invited to vicariously join and enjoy a walk on the Blackwater Creek trails with the speaker. As he walks he comments on the history and physical characteristics of the trails and shares other sights, memories and random thoughts which occurred while there.

The author, who prefers the dirt trails, has been on certain of them so many times that he has assigned a name to certain areas: for example, cello falls, the heron place, May apple way, woodpecker bottom, peninsula point, etc.

Characteristics commented upon include hills and valleys, trees, sounds, patterns and animal sightings. One particular oak tree and associations with it are described in some detail. The most unusual sighting reported is that of a unicorn, which the author believes James Thurber would vouch for.

A brief description of the beginning of the Virginia and Tennessee Railroad, along with vignettes of happenings there in its early days are presented. Some of the numerous, ambitious toasts given at the groundbreaking celebration dinner are recited and characterized as a challenge to present-day citizens. The tunnel through solid rock without benefit of power driven machines or dynamite (though black powder was used) merits special attention. The central paved section of the trails was constructed on the bed of the first section of the railroad.

Observations about walking speed, insect life (using poems for children), winter ice, dog and dog-owner behaviors, engravings on rocks, and other observations are included.

The paper concludes with a memorial appreciation for a persistent and effective advocate for streams and valleys, Ed Page, and an invitation from the author to “bring your curiosity, imagination, powers of observation – and come, take a walk with me.”

After a question and answer period, the meeting was adjourned by President Gillette at 9:15 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

**Minutes of the 1,424th meeting of the SPHEX Club
March 1, 2018**

L. Kimball Payne, III called the 1,424th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, March 1st, 2018 in the board room of Pacific Life in downtown Lynchburg.

Active members Cook, Cyphert, Delaney, Delzingaro, Garren, Gilmer, Langhorne, Light, Lucas, Nygaard, Payne, Roberts, Sigler, Smith, Stinnett, Tiller, West, Wilson and Marion were present. Dr. Tom Nygaard and Mrs. Ellen Agnew were guests of the speaker and the SPHEX Club.

Unable to attend were members Bateman, Craddock, Dawson, Doyle, Elson, Ferguson, Foster, Frantz, Gillette, Hendricks, Nichols, Schewel, Selden, Wilder, and Wright.

Minutes of the February 15th meeting were read and accepted without modification.

There were no committee reports.

Mr. Payne introduced the speaker for the evening. Ellen Nygaard grew up in Milwaukee, Wisconsin where she attended nursing school. She worked as an intensive care nurse at Johns Hopkins Hospital in Baltimore where she met and married her husband Thomas Nygaard. They lived and worked at the University of

Virginia, Charlottesville for several years before the births of their three children Anna, Gretchen and Erik. The family came to Lynchburg in 1986.

Ellen has been involved in the Lynchburg community in many various professional and volunteer capacities. She served for 9 years on the Lynchburg City School Board, spending two years as the Chair of the Board. She served on the board of The Friends of the Lynchburg Public Library, Miriam's House, as a Trustee of Lynchburg College, and is presently a board member of the Lynchburg Community Foundation. She completed a chaplain residency at Centra in 2014 and is now fully retired, learning to paint and enjoying her grandson.

The speaker provided this summary of her presentation entitled "Home Grown:"

CVTC was established in 1910 as the Virginia State Epileptic Colony on a parcel of donated land called Murkland in Amherst County, Virginia. Its purpose was to serve epileptic women from three state mental institutions. In 1913 the facility was ready to receive residents under a new name, The State Colony for the Feebleminded and Epileptics.

These institutions were being established across the country in order to deal with individuals who could not take care of themselves due to medical, emotional, intellectual, behavioral or social deficits; they were marginalized citizens. Over

the course of the following fifty years the census of the Colony would rise to over 3,000 residents.

This facility became enmeshed with the American Eugenics movement and engaged in an ill-advised program of involuntary sterilization. (It is estimated that close to 8,000 people were sterilized at CVTC.) Sterilization was legitimized throughout the country as state legislatures enacted statutes permitting the practice which the United States courts upheld.

The Supreme Court case *Buck vs. Bell* was the ultimate test of the practice. In *Buck vs. Bell*, Emma, Carrie and Vivian Buck, three generations of women erroneously declared feebleminded, were the familial example demonstrating the need for eugenic sterilization. This was the test case to establish the legality of involuntary sterilization. Supreme Court Justice Oliver Wendell Holmes wrote the opinion and this infamous quote lives on from the decision:

“It is better for all of the world if instead of waiting to execute degenerate offspring for crime or let them starve for their imbecility, society can prevent those who are manifestly unfit from continuing their kind....Three generations of imbeciles is enough.”

Society has evolved to more enlightened thinking. Complex scientific knowledge of genetics and a deeper understanding of human growth and development and the belief in individual civil rights and human dignity in the latter

part of the 20th century has helped bring about a more humane way of caring for those who cannot take care of themselves. The trend across the country has been to move people to the least restrictive environment in the community. There are and will continue to be many of our fellow citizens that will need specialized care. Where they will live and how we take care of them is the 21st century's task.

After a question and answer period, the meeting was adjourned by Kimball Payne at 9:15 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

**Minutes of the 1,425th meeting of the SPHEX Club
March 15, 2018**

President Gillette called the 1,425th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, March 15th, 2018 in the board room of Pacific Life in downtown Lynchburg.

Active members present were Cook, Cyphert, Dawson, Delaney, Elson, Ferguson, Foster, Frantz, Gillette, Gilmer, Hendricks, Langhorne, Light, Lucas, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, Tiller, West, Wilson, and Wright. Leslie Payne, wife of the speaker, was the special guest of the speaker and the SPHEX Club.

Unable to attend were Bateman, Craddock, Delzingaro, Doyle, Garren, Nichols, Selden, Wilder and Marion.

Minutes of the March 1st meeting were read and accepted without modification.

President Gillette led a discussion about a possible amendment to the constitution that would change the process for electing members to SPHEX. A proposal has been made to retain the 75% support from the membership needed for election by creating a certification ballot that precedes the actual election between or among certified nominees. Hearing sufficient support, President Gillette asked Ellen Nygaard and Ken West to create an amendment for consideration.

The treasurer's report given by Marc Schewel confirmed that we once again have \$346.56. At the time of the report, Treasurer Schewel still had \$15.00 in cash in his possession. After a brief discussion it was determined that this money would be added to the fund that provides additional copies of Dr. Jim Elson's history of the SPHEX Club.

The Nominating Committee's slate of suggested officers of SPHEX for the 2018-2019 year will be voted upon at the next meeting on March 29th. No additions to that slate were made.

SPHEX's annual dinner will be held on May 16th at 6:00 p.m. at Lynchburg College. The cost of the dinner is \$30.00.

Dues for SPHEX Club membership will be \$30. More information about the dues will be available at the March 29th meeting.

President Gillette expressed the appreciation of all SPHEX club members to Cham Light for sending a card and flowers to our long-time Administrative Assistant Maureen Hammer expressing the Club's care and well wishes.

Kimball Payne Intro

Kim Payne spent his early years in Lynchburg, grew up in Lexington, attended Duke University and then the University of Virginia. He served in the

U.S. Navy, both on active duty and in the reserves, retiring as a Commander. His local government service started in Spotsylvania County, Virginia, where he spent seventeen years as Assistant County Administrator and then County Administrator. Kim returned to Lynchburg in 2001 and served as its City Manager until his retirement in 2016. He now spends his time serving on several non-profit boards, teaching, coaching, consulting, gardening, practicing yoga, playing softball in season, and learning to fly-fish; all of which can be interrupted to spend time with any of his eight grandchildren. Kim and his wife Leslie have five adult children and the hope of more grandchildren to come.

Mr. Kimball Payne provided this summary of his sixth SPHEX presentation entitled, "Should They Stay or, Should They Go?"

For his sixth SPHE presentation, Kim Payne waded into the controversial issue of what to do with Confederate memorials and monuments. He related the two times that Lynchburg's Jubal Early monument was damaged by a vehicle and repaired without controversy. Payne wondered how the community would react

today if the monument were damaged again. He explained that his thinking about Confederate monuments had changed over the years as he gained sensitivity about the impact of such iconography on the members of the African American community.

After sharing Robert E. Lee's negative opinion of Civil War memorials, he then discussed the Confederate battle flag, concluding that its public display, unless associated with an historic event or site, was inappropriate due to its identification with white supremacy and massive resistance to civil rights. Kim identified the strong reaction to the 2015 murder of black worshippers in Charleston as a tipping point regarding Confederate memorials. One response was the Southern Poverty Law Center's effort to identify "government sanctioned" Confederate symbols and have them removed from the public realm. The Southern Poverty Law Center is countered by the Abbeville Institute, an organization founded at the University of Virginia with a mission of preserving Southern tradition. Kim provided an overview of the "Lost Cause" narrative that grew in the South after the Civil War, identified two local residents associated with that

mythology, and showed how Lost Cause tenets were reflected in speeches associated with the erection of the Confederate monument in Lynchburg. He then provided thoughts on how a community could engage in a discussion about its Confederate memorials and monuments, concluding with an explanation of why such discussions are fruitless in Virginia because state law prevents their removal or alteration.

After a lively discussion, the meeting was adjourned by President Gillette at 9:43 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

**Minutes of the 1,426th meeting of the SPHEX Club
March 29, 2018**

President Gillette called the 1,426th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, March 29th, 2018 in the board room of Pacific Life in downtown Lynchburg.

Active members present were Cook, Cyphert, Delaney, Delzingaro, Elson, Ferguson, Gillette, Langhorne, Light, Lucas, Marion, Nichols, Payne, Roberts, Schewel, Selden, Sigler, Tiller, West, Wilson, Wright. Dr. Laura Ford was a special guest of the Speaker and of the SPHEX club.

Unable to attend were Bateman, Craddock, Dawson, Doyle, Foster, Frantz, Garren, Gilmer, Hendricks, Nygaard, Smith, Stinnett and Wilder.

Minutes of the March 15th meeting were approved with one correction. Mr. Cham Light noted that Maureen Hammer's title is Administrative Assistant.

The election of new officers for the 2018-2019 SPHEX Club was held. By unanimous vote the following officers were elected:

President – Julie Doyle; Vice President – Jim Wright; Secretary – Ken West;
Assistant Secretary -- Cham Light and Treasurer -- Mark Schewel.

A discussion about the procedure for paying SPHEX's dues and the cost of the SPHEX annual dinner followed. Marc Schewel will arrange for his secretary

to receive the checks for both the dues and the annual dinner. Additional details will be sent to the membership.

The SPHEX Annual Dinner will be held on May 16th at 6:00 pm at Lynchburg College.

Treasurer Marc Schewel reported that the SPHEX Club account has grown from \$346.56 to \$436.56 because checks covering the annual dues and annual dinner have begun to roll in.

President Gillette distributed a proposed amendment to the SPHEX constitution that will be discussed and voted upon during the April 12th meeting. The proposal is in two parts and each part will be voted upon separately. One part requires that the list of nominees includes a number of names that exceeds the open spots by at least one. The second part would provide for a Certification Ballot preceding the election of new members. In the certification ballot each candidate who receives an affirmative vote of at least 75% will qualify for the general election.

One modification of wording in the amendment was made at the suggestion of Katie Cyphert. In Article III – 4 the words “slate of” were eliminated.

Dr. Jim Elson applied for and was unanimously moved to emeritus status in the SPHEX Club. Dr. Tom Tiller asked that the minutes note that the entire membership will feel a loss no longer having Dr. Elson as an active member.

Dr. Jim Elson was also the evening's speaker. James M. Elson was born in New York City and grew up in Knoxville, Tennessee, where he attended the city's public schools and graduated from the University of Tennessee-Knoxville. He earned additional degrees from the Juilliard School in New York City and West Virginia University. In addition, Dr. Elson studied in Germany as a Fulbright Scholar.

Dr. Elson taught at the college level for twenty-one years. He came to Lynchburg in 1984 to serve as Executive Director of the Academy of Music. In 1988 Dr. Elson became the Executive Vice-President of the Patrick Henry Memorial Foundation at Red Hill near Brookneal, Virginia. Having completed two years active and twenty-eight years of reserve service, Dr. Elson is now a retired Colonel, the United States Army Reserve. He has written several books including *The SPHEX Club of Lynchburg, Virginia: The First One Hundred Years* and *Lynchburg, Virginia: The First 200 Years*.

Dr. Elson's presentation for the evening was entitled, "A Few More Words about Generations and Some Possibly Helpful Tips for Your Retirement from a Member of The Silent Generation."

Dr. Elson discussed four generations of Americans. He was part of the Silent Generation that included births between 1928 and 1946. Baby Boomers

were born between 1946 and 1965, Generation X between 1965 and 1981 and Millennials between 1981 and 1998 (according to the Pew Research Center).

Elson's generation is called the Silent Generation because most members of that generation did what their parents and teachers told them to do without protest. This stands in stark contrast to the Boomers who frequently protested and did their own thing. But the Silent Generation enjoyed many benefits and today they are frequently called the Lucky Few. There were only 47 million people born into the Silent Generation in contrast to 76 million who were to become Boomers. So, in many ways the Lucky Few faced less competition for jobs and admission into colleges.

Dr. Elson cited several scholars who believe there are four generational types that recur in cycles. Every 90 years or so a major event in history seems to cause a "Turning" that leads the cycle to reoccur.

Examining retirement, Dr. Elson looked at the challenges that Boomers and Generations X, Y and Z may face. I quote:

1. "Since folks are living longer these days, so are their own parents. The parents may still be alive when the children are ready to retire. What happens then?"
2. It is to be hoped that all have paid off their student loans, as well as their housing loans, before retiring.

3. If folks are relying on savings for their retirement, how long can they live the way they'd like to live before they run out of money?
4. It is to be hoped that folks don't have expensive medical problems during their last years that their insurance doesn't cover.
5. In recent years, social security is now paying out more money than it's been taking in. What happens when the social security fund is exhausted?
6. You don't suppose there's going to be another recession or depression? Do you?"

After discussing several meaningful experiences in his retirement, Dr. Elson suggested that Boomers would profit by the 5 P's he learned in the Army: "Prior planning prevents poor performance." With that Jim Elson concluded the speech saying, "It's been a pleasure to have been a member of the generation of "the lucky few."

Questions and comments followed the presentation.

Former SPHEX President Kim Payne adjourned the meeting at 9:15 p.m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

**Minutes of the 1,427th meeting of the SPHEX Club
April 12, 2018**

President Gillette called the 1,427th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, April 12, 2018 in the board room of Pacific Life in downtown Lynchburg.

Active members present were Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Elson, Frantz, Gillette, Gilmer, Langhorne, Light, Lucas, Marion, Nichols, Roberts, Sigler, Stinnett, Tiller, West, Wilson, and Wright.

Unable to attend were Bateman, Craddock, Ferguson, Foster, Garren, Hendricks, Nygaard, Payne, Schewel, Selden, Smith and Wilder.

Minutes of the March 29th meeting were read and accepted without modification.

President Gillette called for a vote on the two amendments to the constitution that had been handed out to the membership and discussed at the previous meeting. Both amendments to Article IV dealing with Membership passed unanimously. A copy of the revised constitution will be sent to the membership and kept in the permanent files at Jones Library.

President Gillette congratulated four members of SPHEX for their perfect attendance throughout the 2017-2018 year. These members are Dr. Tom Tiller, Judge John Cook, Ted Delaney and the Rev. Dennis Roberts.

President Gillette than introduced the night's speaker, Mr. Jeffrey Nichols.

Jeffrey L. Nichols is the President and CEO of Thomas Jefferson's Poplar Forest. Prior to joining Poplar Forest in August of 2012, Mr. Nichols worked at The Mark Twain House in Hartford, Connecticut for eleven years, the last five as Executive Director. Mr. Nichols led the The Mark Twain House out of a "severe financial challenge" and started a marketing effort that drove attendance to record levels for two years. He holds a B.A. degree from Southern Connecticut State University with a major in American History. He also has an M.S. in Education from the Bank Street College of Education, and an M.B.A. from the University of New Haven. Jeff lives in Lynchburg with his wife Laura.

Mr. Nichols' presentation was entitled, "*The Adventures of Thomas Jefferson Snodgrass.*"

When construction began at Poplar Forest in 1806, Thomas Jefferson was still President of the United States and supervised the construction from Washington, DC. The octagonal house may have been the first of its kind to have been built in the United States. Jefferson conducted annual visits to Poplar Forest beginning in 1810 and ending in 1823; he designed Poplar Forest as his retreat from his larger estate at Monticello. The retreat house was completed in 1816 and Jefferson's visits ranged from a few days to weeklong stays.

Samuel Langhorne Clements, who once wrote letters under the name Thomas Jefferson Snodgrass, is better known today as Mark Twain. Clements was born in 1835 almost ten years after the death of Thomas Jefferson. Clements built his family home in Hartford, Connecticut, where the author and his family lived from 1874 to 1891. Samuel Clements was enamored with the finished product, saying, "It is a home – and the word never had so much meaning before." Clements' study was an octagonal building standing about 100 yards from the main house. In his octagonal study Twain wrote major portions of most of his best known works including *The Adventures of Tom Sawyer* and *The Adventures of Huckleberry Finn*.

The presenter focused on the many unique features of each house. Also stories about each man were discussed and their different personalities became apparent. This was one example: Thomas Jefferson advised: "When angry, count to ten before you speak; if very angry, count to a hundred." Mark Twain altered the quote to: "When angry, count to four; when very angry, swear." In the end, our nation is so much richer for what these two men created within the studies of their octagonal structures.

After a question and answer period, the meeting was adjourned by President Gillette at 9:07 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

**Minutes of the 1,428th meeting of the SPHEX Club
September 6th, 2018**

President Doyle called the 1,428th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, September 6th in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were: Bateman, Cook, Cyphert, Delaney, Doyle, Ferguson, Frantz, Garren, Gillett, Gilmer, Hendricks, Langhorne, Marion, Nygaard, Payne, Roberts, Sigler, Smith, Stinnett, Tiller, West, Wilson, Wright, and Elson.

Unable to attend were:

Dawson, Delzingaro, Foster, Light, Lucas, Nichols, Schewel, Selden and Wilder

Minutes of the April 12th meeting were read and accepted without modification.

One Committee Report was delivered that is now entitled:

Marc Schewel's Iconic Treasurer's Report

"I am on a boat on the Rhine River and by the time I am home, the SpheX treasury will probably be depleted."

(The truth was that Marc's trip was to China.)

Three SpheX Committees now have chairs:

The Membership Committee is now chaired by Kim Payne

The Nominating Committee's chair is Hermina Hendricks

And the Program Committee's chair is Rev. Dennis Roberts

Please contact these chairs if you wish to serve on one of the committees.

Revised Policy for each Presenter

At the end of each year, Sphex minutes and presentations are placed in the permanent collection at Jones Memorial Library. Speakers will each need to give the Secretary the following:

- Please submit a 1 to 2 paragraph abstract of your speech. This will be read during the next meeting; therefore, please give or email a copy to the secretary within the first week after your speech.
- A copy of your presentation will be taken to the library in April. Although there is less urgency to submit your presentation as quickly as your abstract, please give a copy to the secretary before the final meeting of the year.

New Business

Several members have expressed an interest in having a time to informally gather before the Sphex meeting begins. The first of these meetings will be held before the September 20th meeting at Market on Main. President Doyle will reserve tables at the restaurant 6:30 – 7:45 pm. The gathering is completely optional – but the more the merrier!

Introduction of the Speaker

President Doyle introduced Ted Delaney the presenter for the evening. A native of Charlottesville, Ted Delaney's family moved to Lynchburg when he was two-years-old. After graduating from E.C. Glass High School, Delaney

continued to volunteer at Old City Cemetery during his summer breaks while studying anthropology at the University of Virginia. Delaney became the Executive Director of the Old City Cemetery in Lynchburg for four years before beginning his new job with the Museum System in late March. Ted Delaney now serves as the new Director of the Lynchburg Museum System and the Chief Public History Officer (CPHO).

Mr. Delaney is the co-author of *Free Blacks of Lynchburg, Virginia, 1805–1865* and he currently serves on the boards of Historic Sandusky and Opera on the James.

Abstract: Submitted by the speaker, Ted Delaney

Almost exactly one hundred years ago this fall, in the presidential election of 1920, women were able to vote for their president for the first time in American history. In Lynchburg it was the first time women ever participated in any public vote.

The 19th Amendment to the Constitution was enacted on August 26, 1920, just two months before the presidential election. The amendment made suffrage an explicit right of citizenship regardless of sex. Delaney's presentation was a brief exploration of the role Lynchburg played in women's suffrage and, in particular, how our City responded to the 19th Amendment.

The chief advocate and leader of women's suffrage in Lynchburg was Elizabeth Langhorne Lewis. According to a recent study by the Library of Virginia, she was the second most important suffragist in the state. She founded the Lynchburg chapter of the Equal Suffrage League of Virginia in 1910, and she served as Vice President of the state organization for nearly a decade. Lewis attended the 1913 women's suffrage parade in Washington, D.C., in which she helped carry the Virginia state banner. She and her daughter Elizabeth Lewis Otey both picketed Woodrow Wilson's White House for women's suffrage in 1917.

Despite decades of unbending opposition to women's suffrage, Lynchburg's influential daily newspapers enthusiastically embraced it once the 19th Amendment passed. They encouraged every woman to vote for its endorsed candidates. The first white woman to register and qualify in Lynchburg was future newspaper columnist Martha Rivers Adams. The first African American woman to register was college educator Lucy B. Stephens. Only about 10% of eligible women registered to vote in Lynchburg in the fall of 1920. Despite heavy voting and complaints about long lines at the polls on election day, overall turnout only increased from 38% in 1916 to 50% in 1920. By comparison turnout in Lynchburg in the 2016 presidential election was 62%.

Within a few days of the ratification of the 19th Amendment in August 1920, the Equal Suffrage League of Virginia and all of its chapters changed their names to the "League of Women Voters," which remains active in Lynchburg today.

Elizabeth Lewis died in 1946 at the age of 94.

After a spirited question and answer period, the meeting was adjourned by

President Doyle at 9:17 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,429th meeting of the SPHEX Club

September 20th, 2018

President Doyle called the 1,429th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, September 20th in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Delaney, Doyle, Gillette, Gilmer, Langhorne, Light, Lucas, Marion, Nygaard, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson and emeritus member Jim Elson.

Unable to attend were:

Bateman, Cyphert, Dawson, Delzingaro, Ferguson, Frantz, Garren, Hendricks, Nichols, Payne, Selden, Smith, Wilder, Wright

A special guest of SpheX for the evening was Ellen Stinnett the wife of our presenter.

President Doyle noted that the pre-meeting get-together at Market on Main was enjoyable. And, another get-together would be held before the October 4th meeting.

Minutes of the September 6th meeting were read and accepted without modification

The Membership Committee is now chaired by Kim Payne. Cham Light and Ellen Nygaard have volunteered to serve on the committee.

The Nominating Committee's chair is Hermina Hendricks. If others are interested, please contact Hermina.

And the Program Committee's chair is Rev. Dennis Roberts. Please contact Dennis if you would like to join the Program Committee.

One committee report was given by Sphex's treasurer Marc Schewel.

Our present balance is \$1079.04. It was noted that this balance is positive for this time in the year. Increases in both dues and the cost of the annual meeting put the Sphex Club on solid financial ground.

A discussion was then held to determine what to do with a check for \$750 given to Sphex by an anonymous donor before the annual meeting. It was the club's sentiment that if the check was given because the donor was helping Sphex ensure that it would meet its financial obligations for the year, returning the check with our heartfelt thanks would be appropriate. Mr. Schewel will contact the donor.

President Doyle then introduced our presenter for the night Joe Stinnett.

Our speaker is a native of Amherst County and a graduate of the University of Virginia where he majored in English. Stinnett began his newspaper career in 1974 at the Lynchburg newspaper as a reporter. He also worked as a copy editor and page designer, photographer, night city editor, and city editor.

In his career Mr. Stinnett has worked for several newspapers including The News, The Daily Advance, The News & Advance, The Amherst New-Era Progress, The Nelson County Times and The Roanoke Times.

Interesting fact about you that few know: “The first thing I wrote that was published was a letter to the editor of The Avengers comic in the mid-'60s. I received a personal reply on a postcard from Stan Lee. Later, I sold my collection of hundreds of Silver Age Marvel comics to buy a small tape recorder for interviews when I got my first newspaper job.”

Mr. Stinnett provided this Abstract of his presentation entitled: “A Notable Hatchery”

The history of today’s Lynchburg newspaper traces back to 1808, when a preacher got mad at an editor and founded his own paper. Later, the Carter Glass family owned both the morning paper — The News — and the afternoon paper — The Daily Advance — for nearly one hundred years. Some of the newspaper history

reflects the worst of the South in general and Virginia in particular, when it comes to race and racism and contempt for African Americans.

Many people in Lynchburg remember the paper's role in the tumultuous 1960s, but in fact these racial attitudes of the 1960s were deeply rooted in the 19th century Lynchburg newspapers. The newspaper editors and publishers here had super-sized personalities, and played important roles, now forgotten, in state and sometimes national politics. Mr. Stinnett's paper covered this history from the early 1800s predecessors of today's paper through 1974 when he started as a reporter at The News.

After a question and answer period, the meeting was adjourned by President Doyle at 9:31 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,430th meeting of the SPHEX Club

October 4th, 2018

President Doyle called the 1,430th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, October 4th in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cyphert, Delaney, Delzingaro, Doyle, Frantz, Garren, Gilmer, Hendricks, Light, Lucas, Marion, Nichols, Nygaard, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Wright and Emeritus member Jim Elson.

Unable to Attend were:

Bateman, Cook, Dawson, Ferguson, Gillette, Langhorne, Selden, Smith, Wilder

Minutes of the September 20th meeting were read and accepted without modification.

The Membership Committee is chaired by Kim Payne. Cham Light and Ellen Nygaard volunteered to serve on the committee. Anyone who would like to nominate someone for membership, please contact Kim, Cham or Ellen.

The Nominating Committee's chair is Hermina Hendricks. Dr. David Ftantz has joined the Nominating Committee. If others are interested, please contact Hermina.

The Program Committee's chair is Rev. Dennis Roberts. Stephanie Ferguson has also joined the committee. Please contact Dennis if you would like to join the Program Committee. Also, please send to Dennis any suggestions for speakers or topics that you would like to be considered for the annual dinner.

The Treasurer's Report: For possibly the first time in SpheX's history, spirited applause erupted following the Treasurer's report. Treasurer, Marc Schewel, presented a highly humorous, and we hope fictitious, explanation for why all of the SpheX financial resources were spent during his personal trip to China. Mr. Schewel described his misfortunes by mimicking a present day debate surrounding a nominee for the Supreme Court. In truth, SpheX has a balance of \$1,079.04, which is the same as last month's.

Introduction of our presenter for the evening: Dr. Julius Sigler

Dr. Julius Sigler, a Florida native, earned his BS in Physics from Lynchburg College in 1962. He earned both his M.S. and Ph.D. in Physics from The University of Virginia. Dr. Sigler returned to his alma mater, Lynchburg College, to teach physics in 1967. He has also served the College as the Dean of the School of Sciences, Assistant Dean of the College, and Vice President and Dean for Academic Affairs.

During the commencement exercises in 2015, Dr. Ken Garren presented Dr. Sigler with an honorary doctorate making him "Dr. Dr. Sigler" (humor). During

the commencement, Dr. Garren announced that the Thomas Hobbs Science Center would be renamed to honor this beloved icon of Lynchburg College. The building on the University of Lynchburg's campus is now named the Thomas Gibson Hobbs – Julius A. Sigler Science Center.

Dr. Sigler continues to teach part-time at the University of Lynchburg and is a director and the treasurer of the Robert E. Lee Soil and Water Conservation District that serves the Counties of Amherst, Appomattox, Campbell and the City of Lynchburg.

Dr. Sigler provided the following abstract of his presentation entitled “With a Little Help from My Friends”

Member Sigler began his talk by observing that, over the past years, the SpheX Club has been treated to many outstanding biographical papers. From John Warwick Daniel to Senator Thomas, many of these have highlighted the contributions of local citizens. He noted that he had particularly enjoyed member Stinnett's paper on the history of Lynchburg newspapers and the mini biographies he provided of editors and publishers. He went on to say that he planned to introduce the members to some other people who have been important to Lynchburg and especially to him. Although Sigler never had the opportunity to meet some of these folks, he knows them well and each in some way has been

important to his life and career. With that the speaker set out to introduce some of his friends, most of whom had also been important to Lynchburg College.

Our speaker began his talk by introducing Josephus Hopwood, the founder of Lynchburg College. After a brief discussion of Hopwood's early life, he described the founding of Virginia Christian College and its early struggles. Following Hopwood, he moved on to the presidency of Dr. J. T. J. Hundley who changed the name of the institution to Lynchburg College and who guided the College through the depression years. In quick succession, he introduced T. Gibson Hobbs, a 1904 graduate of the College, who played a major role in its survival, Professors Ruskin Freer and Richard Sommerville, Presidents Riley Montgomery, Orville Wake, and others, ending with the presidency of Carey Brewer. He points out how Brewer had grown the institution and had increased its visibility in the local area and across the Commonwealth. He ended his talk by noting his own indebtedness to each of these individuals and to so many more.

After a question and answer period, the meeting was adjourned by President Doyle at 9:31 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,431st meeting of the SPHEX Club

October 18th, 2018

President Doyle called the 1,431st meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, October 18th in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were: Bateman, Cook, Cyphert, Dawson, Delaney, Doyle, Frantz, Gilmer, Langhorne, Lucas, Payne, Selden, Sigler, Tiller, West, Wilson, and Wright.

Unable to attend were: Delzingaro, Ferguson, Garren, Gillette, Hendricks, Light, Marion, Nichols, Nygaard, Roberts, Schewel, Smith, Stinnett, Wilder.

Minutes of the October 4th meeting were approved with one modification.

Treasurer's Report: Marc Schewel was unable to attend the meeting but provided the following update on the Sphex Club's finances. "As for the treasurer's report: \$1079.04 less the cost of one ticket to the Red Sox-Astros playoff game." Mark, as a lifelong Red Sox fan – I hope you enjoyed the game as much as I did.

All Sphex committee spots are now filled:

The Program Committee is chaired by Rev. Dennis Roberts. Stephanie Ferguson and Judge John Cook have joined Dennis on the committee.

The Nominating Committee is chaired by Hermina Hendricks. Dr. David Frantz and Dr. Sally Selden are members of the committee.

The Membership Committee is chaired by Kim Payne. Cham Light and Ellen Nygaard are members of the committee. Mr. Payne reported that we now have four nominees. Under the new constitutional guidelines, we must have one more nominee than spots available. Therefore, at this time we need a fifth nominee.

President Doyle invited the members to attend the pre-meeting get-together at Market on Main. People can arrive at any time. Tables will be reserved between 6:15 and 7:45.

Dr. Graham Gilmer III is our presenter for the evening.

Dr. Graham Gilmer III was raised in Orange California about 30 miles southeast of Los Angeles. Our speaker is a graduate of Stanford University, received his medical degree from the University Of Maryland School of Medicine and served his residency at the Oregon Health & Science University in Portland, Oregon. Dr. Gilmer arrived in Lynchburg in 1978 – 40 years ago. For many years our speaker was one of five doctors at Lynchburg General Hospital to specialize in ENT or Ear, Nose and Throat. He retired from active practice six years ago.

Dr. Gilmer will celebrate his 50th anniversary with Helen on June 1st of this coming year. They have three children, Christopher, Drew and Graham and are expecting their eighth grandchild in March.

Tonight will be Dr. Gilmer's 7th SpheX presentation.

Dr. Gilmer submitted this abstract of his presentation entitled:

“Whiskey is for Drinking; Water is for Fighting Over”

California is the most populous state, has the 5th largest economy in the world, and supplies a large percentage of the fruits and vegetables for the world. Water lies at the basis of its modern prosperity and the history of the state is in large part the history of water development. Since a large portion of California is considered desert or near desert, survival required that water be supplied from distant sources and storage be maintained in multiple reservoirs throughout the state. This fact became more critical as the population increased.

Development for the San Francisco region came from the Yosemite Valley with the creation of the Hetch Hetchy Reservoir. This required three presidential administrations to finally agree to its creation. Los Angeles at the same time was “stealing” water from the Owens River Valley 250 miles away in an area that was east of the Sierra Nevada Mountains. Legal fights, litigation, and civil unrest has occupied this area from conception to the present.

Several other gigantic projects occurred during the Great Depression including the damming of the Colorado River by Boulder Dam. This project led to the creation of the Colorado aqueduct that transferred water and power from the Colorado River to the Los Angeles basin. Also, during this time, the federal government constructed the Central Valley project which created dams and canals for the farmers of the Central Valley (the agricultural engine of California).

More recently, the State Water Project was created and constructed to allow Northern California water to be transported and consumed by the 30 million people who live in the southern portion of the state.

Despite all the projects, California is still running out of water as drought has recently been a recurring problem. Additional sources are needed and intense conservation practices must be initiated.

After a question and answer period, the meeting was adjourned by President Doyle at 9:27 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,432nd meeting of the SPHEX Club

November 1, 2018

President Doyle called the 1,432nd meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, November 1st in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Delaney, Doyle, Frantz, Garren, Gillette, Gilmer, Hendricks, Light, Marion, Nygaard, Payne, Roberts, Schewel, Stinnett, Tiller, West, Wilder, Wilson, Wright

Unable to Attend were:

Bateman, Dawson, Delzingaro, Ferguson, Langhorne, Lucas, Nichols, Selden, Sigler, Smith

Minutes of the October 18th meeting were approved with one modification.

Treasurer's Report:

Treasurer Marc Schewel reported that the SPHEX balance remains \$379.04.

Report of the Membership Committee:

Kim Payne led a discussion about the qualifications of seven people nominated to fill the four open membership spots in SPHEX. Voting will take place during the next meeting on November 15th. Amendments to the constitution call for two

votes. The first is a Certification Ballot that will determine which nominees' names can appear on the election ballots. Those nominees receiving seventy-five percent approval from active members will be placed on the election ballot. Members will then vote among the candidates certified to select up to four new members. More information will be sent out concerning nominees. Those absent on November 15th will be able to vote by absentee ballot.

Gathering Before SPHEX Meetings:

President Doyle announced that the official time to begin the get-together before SPHEX meetings has been moved to 6:45. But come to Market on Main whenever your schedule allows and enjoy this informal time together.

Hermina Hendricks was our speaker for the evening:

A native of Lynchburg, Virginia, Hermina earned her undergraduate degree in music education from Defiance College in Ohio and a Masters of Music Education degree from JMU. She is a Senior Lecturer in Music, and Director of the Multicultural Services Office at Randolph College. Also, our speaker is the Organist and Choral Director of the Senior Choir at Diamond Hill Baptist Church. During the early 1990s, Governor Gerald Baliles appointed Ms. Hendricks to the Virginia Commission for the Arts and later our speaker was appointed to serve on the National Endowment for the Arts' Arts Education Review Board in Washington, D.C

Ms. Hendricks wrote this abstract of her presentation:

A Global Village is a reflection of my journey, experiences, engagement, and awareness of the varied international cultures and Pearl S. Buck awards ceremonies represented in the past twenty years at a small liberal arts higher education institution, Randolph College and (Randolph-Macon Woman's College) and the advantages of living and working in a small learning environment that is extremely diverse and global. This journey inspired a philosophy that 21st century societies must all understand how to live in a world that is different from one's own identity and avail oneself of the opportunities in learning how to co-exist with others that are different. We are affected by global economics, politics, governments, financial markets, and societies while existing in our own individual worlds.

The Links Intercultural Leadership Institute, which is one of the signature programs of The Lynchburg Chapter of The Links, Inc., was created over ten years ago to help central Virginia high school youths become global-minded citizens. Youths must understand the significance of availing oneself of learning about cultures and societies beyond one's ethnicity/identity. The eight phase institute focuses on leadership development with a global lens. One of the tenets of all chapters affiliated with The National Links, Inc. is to create programs that result in

changed behavior, knowledge, and life styles among youth in each respective community. As a result, the Intercultural Institute for high school youths was born. Dr. Johnnetta Cole, educator, author, and former President of Bennett College says, "You cannot fully understand your own life without knowing and thinking beyond your life, your own neighborhood, and even your own nation".

Hermina W. Hendricks

After a question and answer period, the meeting was adjourned by

President Doyle at 9:15 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

From the SPHEX Constitution:

1. Any member has the privilege of presenting to the Membership Committee the name of any person for active membership. The committee may also consider on its own persons it considers suitable for membership. Any member submitting a name for membership will furnish the Membership Committee a short statement about the background and qualifications of that person. The nominating committee shall present potential members to the club for consideration, and that list of nominees must include a number of names that exceeds the open spots by at least one.
2. If such candidate receives the approval of the committee, the committee chairman shall present a statement about the candidate's background and qualifications to the membership and the election of candidates will take place at the next regular meeting in executive session (i.e. with no visitors present). The election of members will take place in two stages, each of which will be conducted by secret ballot. A certification ballot will be held first to determine which nominees' names can appear on the election ballots. On the certification ballot, members will vote on each of the candidates with either an affirmative or negative vote. Nominees must receive an affirmative vote from at least seventy-five percent (75%) of the active members present and of members voting by proxy to be placed on the election ballot. The election between or among certified candidates shall then take place, and the certified candidates with the highest vote totals of those active members present and of members voting by proxy shall be granted membership until all vacant spots are filled.

Minutes of the 1,433rd meeting of the SPHEX Club

November 15, 2018

President Doyle called the 1,433rd meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, November 15th in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Frantz, Gilmer, Light, Lucas, Marion, Nygaard, Payne, Roberts, Schewel, Stinnett, Tiller, West, Wilson, and Wright.

Unable to Attend were:

Bateman, Ferguson, Garren, Gillette, Hendricks, Langhorne, Nichols, Selden, Sigler, Smith, Wilder.

Mrs. Sandra Wilson, the wife of our presenter, was SPHEX's special guest for the evening.

Minutes for the November 1st meeting were approved without modification.

The Membership Committee composed of Kim Payne (chair), Ellen Nygaard, and Cham Light held the election to fill four spots available for SPHEX membership. A representative of SPHEX will make the offer to each of these potential members.

Pre-meeting Get-together

President Doyle announced that the get-together at Market on Main will continue to be held preceding the SPHEX meetings. The official starting time is 6:45.

However, please come any time your schedule allows.

Our speaker for the evening was Dr. Jeffrey Wilson

Dr. Wilson was born in Charleston, West Virginia and lived in several states before attending Duke University where he stayed off and on for 15 years earning a B.S. degree in Zoology and a M.D. degree before completing both his internship and a rheumatology fellowship at Duke University Medical School. In 1979, after 15 years at Duke University, Dr. Wilson moved to Lynchburg with his wife, Sandra, also a Duke graduate. In Lynchburg, Dr. Wilson held a Rheumatology Practice until 2014. Dr. Wilson still sees Rheumatology patients in the Free Clinic of Lynchburg. Of special note, during these busy years Dr. Wilson also served in the United States Navy for two years.

Dr. Wilson is a past president of the Lynchburg Academy of Medicine and the 10th recipient of the William Barney Award. He has published three books. Dr. and Mrs. Wilson have two daughters and three grandchildren. This was our presenter's 11th SpheX presentation.

Dr. Wilson provided this abstract of his presentation:

For over 30 years family practice residents and occasional med students or nurse practitioners would spend a month in my office as a rheumatology elective. In addition to reading rheumatology textbook material and selected articles pertinent to patients seen in the clinic, I suggested they read some Shakespeare.

Why? Because Shakespeare presents varied aspects of human nature and the human condition which physicians will deal with in their practice, and musculoskeletal complaints are among the most common problems patients present with – “that rheumatic diseases abound.” (See quote #1).

A list of quotes and their relationship to today’s medical clinic problems were provided in a handout with a list of plays referenced. The SPHEX members were encouraged to match the quote with the play during the presentation.

"The quotes begin with several related to Diagnosis (2-4). Quote 4 is : 'He is well paid that is well satisfied.' There is special concern on the Fun part of the diagnostic mnemonic IOMSIIIF (# 4) 'It only makes sense if it is fun." Physician burnout suggests that our young physicians are not “well satisfied”.

Quotes 5-10 refer to History and a patient case initiates a look at quotes regarding love. Sometimes the listed diagnostic problem may not be the thing troubling the patient. Stead’s greeting “What brings you to see me?” opens up a dialogue for the patient. It takes time to listen “and thereby hangs a tale.”

Quotes 11 and 12 deal with the patient profile or mental status. Lady Macbeth is a mini course in personality development, evolving psychiatric illness, and her demise opens considerations regarding death and suicide (13-15).

It is a stretch to tie Cassius' lean and hungry look to eating disorders but psychopathology comes to mind, and what a condemnation by Shakespeare! "He loves no plays."

Falstaff opens thoughts well beyond the medical problem of obesity (Quotes 17-22). Other clinical topics related to quotes include genetics (23, 24); identity (25, 26); placebo effect (27); appearance (28, 29); fibromyalgia (30); preventive medicine (31, 32); exercise (33); sleep (34); death and dying (35, 36); grief (37, 38), and liability (39).

The presentation concludes with quotes relevant for all SPHEX Speakers (40, 41).

For Our Information:

Quote 40: "Have more than thou showest"

Quote 41: "Speak less than thou knowest." **King Lear (Act I, Scene IV).**

After a question and answer period, the meeting was adjourned by

President Doyle at 9:18 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,434th meeting of the SPHEX Club

January 10, 2019

President Doyle called the 1,434th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, January 10th in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Doyle, Frantz, Garren, Geveden, Gillette, Gilmer, Glickman, Langhorne, Light, Lucas, Marion, Nygaard, Payne, Roberts, Schewel, Sigler, Smith, Stinnett, Tiller, West, Wilson, Wright

Unable to attend were:

Bateman, Delaney, Delzingaro, Edwards, Ferguson, Hendricks, Nichols, Selden, Wilder and Woo

Special Guests for the evening were Jodi Gillette, the speaker's wife, and Bob & Marcia Gillette the parents of our presenter.

President Doyle introduced two new members in attendance: Caroline Glickman and Rex Geveden.

The minutes of the November 15th meeting were approved without modification.

President Doyle then announced that Dr. Sally Selden has accepted a job as Provost of The Citadel. The membership will sorely miss Dr. Selden but wishes her the best in her new position.

Rev. Dennis Roberts, chair of the Program Committee, invited anyone to contact him who has a suggestion for our end of the year banquet speaker.

Marc Schewel the treasurer of Sphex reported that SPHEX now has \$379.04 safely held by the Bank of the James.

Our presenter for the evening was Dr. Michael Gillette

This information comes from several websites.

Dr. Gillette graduated magna cum laude from Brandeis University, with majors in philosophy and classical Greek. He was inducted into Phi Beta Kappa at Brandeis. Gillette earned his master's and Ph.D. in philosophy at Brown University. He has taught at several colleges and universities, has published articles in the field of clinical ethics and received several teaching awards. Dr. Gillette was elected three times to the City Council in Lynchburg and served two terms as Mayor of the City.

Our speaker was originally from Connecticut and moved to Virginia in 1990 to take a teaching position at Randolph Macon Woman's College, now Randolph College. After receiving tenure, Gillette resigned to pursue his own business, Bioethical Services of Virginia, Inc. Dr. Gillette and his wife Jodi have two adult children: Rachel and Rebecca.

Dr. Gillette provided this abstract of his presentation:

After outlining several reasons for why American society has recently seemed to move into what some have termed a “post truth era”, Dr. Gillette reviewed the classical view of the definition of knowledge that was originally developed by Plato. This theory of the nature of knowledge posits that in order for an individual properly to be said to possess knowledge about any proposition, it must be the case that she or he maintains a belief that the proposition is true, the proposition must be true, and the belief that the proposition is true must be epistemically justified. This theory of knowledge held sway until 1963, when Edmund Gettier published a seminal paper that produced apparently devastating counter-examples.

A group of counter-examples have been developed over the past several decades to bolster Gettier’s claim that knowledge cannot be Justified True Belief or JTB. After briefly describing several of these types of counter arguments to the JTB doctrine, Dr. Gillette reviewed a number of attempts to salvage or replace JTB. Ultimately, Dr. Gillette defended his conclusion that JTB was correct all along, although it applies only to logically necessary truths.

After accepting that true knowledge should only be claimed for propositions that are logically necessarily true, Dr. Gillette outlined his own view of a hierarchy of belief that organizes beliefs into four categories: 1) Knowledge, 2) Strong Belief, 3) Weak Belief, and 4) False belief. He then went on to examine some

possible reasons why people have begun to mis-identify the types of beliefs that they have, including a critique of the rhetorical device of “speaking one’s truth”. The paper concluded with an appeal for increased intellectual rigor, heightened critical thinking, enhanced recognition of our own fallibility, and a re-invigorated willingness to engage in constructive debate.

After a question and answer period, the meeting was adjourned by

President Doyle at 9:20 p. m.

Respectfully submitted,

G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,435th meeting of the SPHEX Club

January 24, 2019

President Doyle called the 1,435th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, January 24th in the Collaboration Station Conference Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Delaney, Doyle, Edwards, Frantz, Garren, Gillette, Glickman, Hendricks, Light, Lucas, Marion, Nichols, Payne, Roberts, Schewel, Smith, Stinnett, Tiller, West, and Wright.

Unable to attend:

Bateman, Dawson, Delzingaro, Ferguson, Geveden, Gilmer, Langhorne, Nygaard, Selden, Sigler, Wilder, Wilson, and Woo

Special Guest:

A. J. Colkitt, a second year law student at Liberty University Law School, was the special guest of Professor Lucas and the SPHEX Club.

Welcome:

President Doyle welcomed Dr. Crystal Edwards, the Superintendent of the Lynchburg City Schools, to her first meeting as a SPHEX Club member.

Minutes 1/10

The minutes of the January 10th meeting were approved without modification.

Program Committee Report

Rev. Dennis Roberts, chair of the Program Committee, reported that several people have been recommended to be our speaker at the SPHEX Club's end of the year dinner. The committee is now prioritizing the list they have received.

Treasurer's Report

The Sphex Club has \$379.04 in the Bank of the James.

To explain the state of SPHEX's economics, Mr. Schewel offered a memorable review of Dr. Gillette's personal hierarchy of belief that organizes beliefs into four categories: "As for the money in the Bank of the James, it would be false to believe that I actually deposited real money, like cash and coins, because in reality it was only rectangular slips of paper marked up with our Club members' illegible handwriting. Further, it would be a weak belief to think that those slips of paper are better in the bank than under my Schewel's mattress since the Club is not receiving any interest from the bank.

My strong belief is that, wherever those slips of paper may reside, they don't amount to enough to pay for our upcoming annual meeting. And so the truth is that soon we will be sending out dues notices, and if you want to stay in the Club and enjoy the opportunity to spend many hours preparing lectures that hopefully will keep half the audience awake, you had better pay up."

Our presenter for the night was Tory Lucas, Esq. – Biographical Information

Professor Tory L. Lucas joined the faculty of Liberty University School of Law in 2011. Professor Lucas has served in all three branches of the federal government and has published articles in fifteen law reviews and journals. During his legal career, Professor Lucas has been a trial attorney in private practice, served as a judge advocate in the U.S. Air Force, earned an LL.M. degree in a distinguished fellowship, clerked for Judges William Jay Riley and Pasco M. Bowman II of the U.S. Court of Appeals for the Eighth Circuit, and taught law at Creighton University School of Law, Stetson University College of Law, the University of Nebraska College of Law, and Liberty Law.

Professor Lucas is married to Megan A. Lucas, who serves as the CEO and Chief Economic Development Officer of the Lynchburg Regional Business Alliance.

Professor Lucas provided this abstract of his presentation:

On January 24, 2019, Professor Tory L. Lucas made his Inaugural Sphex Club Presentation entitled “Seven.” Teasing the membership, he listed six possible titles, including Snow White and the Seven Dwarfs: An Analysis of Sphex Club Members, The Magnificent Seven: The Top Seven Sphex Papers of All Time, and Seven Colors in the Rainbow: How Diversity of Thought Drives the Sphex Club.

All joking aside, Professor Lucas presented his paper entitled “Seven Deadly Sins: Treacherous for the Soul, Legal Ethics, and the Legal Profession.” The premise behind the talk was that the Seven Deadly Sins (Pride, Envy, Gluttony, Lust, Wrath, Sloth, and Greed) serve as a useful construct to explore how all major attorney ethical violations are linked to decisions to love self at the expense of others. This concept lies at the heart of all of the Seven Deadly Sins. The presentation started with the reciprocal nature of the Golden Rule as stated by many faith traditions: do not do to others what you would not want done to you, or the affirmative, do unto others as you would have done unto you. At its core, the Golden Rule, or even a Golden Mean, balances virtues and vices to allow people to live in mutually beneficial, reciprocal relationships.

Next, Professor Lucas explored the historical development of the Seven Deadly Sins. The historical survey started with the works of 4th-century Monk Evagrius Ponticus and his disciple, John Cassian, and was further developed in the 7th Century by Pope Gregory the Great and centuries later by Thomas Aquinas. Professor Lucas also explored how art and literature developed the Seven Deadly Sins through Dante Alighieri’s *Divine Comedy* and Geoffrey Chaucer’s *Canterbury Tales*.

Professor Lucas then discussed the essence of each of the Seven Deadly Sins before focusing on Greed and why it routinely ranks near the top of the most despised of the Sins. As one's self grows larger in importance, others become less important and less valuable. Greed ultimately harms others while providing no relief for the person engaged in it. Even "Hotel California" by The Eagles showed how the Seven Deadly Sins, including Greed, can end in harm.

Applying this perspective, Professor Lucas viewed attorney ethical violations through the lens of Greed, the trait the public most dislikes in attorneys. One attorney billed sixty hours in a twenty-four-hour day. Another attorney's billing records showed that he could be at two places at once—on an airplane 35,000 feet above St. Louis while simultaneously at a law library in Los Angeles—billing at both places at the same time. Yet another greedy attorney billed for work done by a nonexistent attorney and for work done on nonexistent files. Even the world's richest attorney, worth \$1.7 billion and is guaranteed to earn \$42 million in 23 yearly payments for his work in tobacco litigation, was not free of greed. To avoid sharing fees with an attorney who helped him in a lawsuit over Hurricane Katrina, the billionaire attorney fed his greed and conspired to bribe a judge for \$50,000.

Professor Lucas ended his talk with an elderly Cherokee grandfather who taught his grandson about a fight that is going on inside each one of us. The terrible

fight is between two wolves—one evil; one good. When the grandson asked, “Which wolf will win?” The grandfather responded, “The one you feed.”

After a question and answer period, the meeting was adjourned by

President Doyle at 9:20 p. m.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,436th meeting of the SPHEX Club

February 7, 2019

President Doyle called the 1,436th meeting of the SPHEX Club of Lynchburg to order at 8:02 p.m. on Thursday, February 7th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Dawson, Delaney, Delzingaro, Doyle, Frantz, Garren, Gillette, Gilmer, Glickman, Hendricks, Langhorne, Marion, Nygaard, Payne, Roberts, Sigler, Smith, Stinnett, Tiller, Wilson, and Wright

Unable to attend:

Bateman, Cyphert, Edwards, Ferguson, Geveden, Light, Lucas, Nichols, Schewel, Selden, West, Wilder, and Woo

Special Guest:

Judy Frantz, wife of the speaker, was the special guest of Dr. Frantz and the SPHEX Club.

Minutes 1/24

The minutes of the January 24th meeting were approved without modification.

Program Committee Report

Rev. Dennis Roberts, chair of the Program Committee, reported that the committee has extended an invitation to a speaker for the annual meeting this spring. The committee will provide updates as plans develop.

Farewell Card for Dr. Selden

President Doyle circulated a card for members to sign for Dr. Sally Selden, wishing her well in the next chapter of her career as the Provost and Dean of the College at The Citadel in Charleston, South Carolina. She will begin her new position in June.

Our presenter for the night was Dr. David Frantz – Biographical Information

Dr. Frantz grew up in Silver Spring, MD and attended the University of the South in Sewanee, Tenn where he was a member of Phi Beta Kappa. He then went to Tufts University in Boston for his medical degree, then began his first residency at the University of Vermont in Internal Medicine.

Dr. Frantz moved to Portland Maine to train in General Surgery at the Maine Medical Center. He completed his final residency at the University of Wisconsin in Madison, training in Cardiothoracic Surgery.

Dr. Frantz began practice in St. Louis where he remained for 4 years. In 1989, however, he came to Lynchburg to establish the Cardiac Surgery Program for Centra Health, which began at Virginia Baptist Hospital. He served as the

Director until his retirement from surgery in 2015 and he now works regularly for Centra's Center for Wound Care and Hyperbaric Medicine.

Accomplishments in Lynchburg Include:

- Member of a private practice group performing all adult cardiac and major vascular surgery.
- Participated in more than 700 open-heart cases in '88 including secondary practice of major and minor thoracic procedures.
- Personally performed 150 open heart cases annually.

Honors in the 21st Century include:

Hearts of Fame Award – Mended Hearts Chapter 16, 2002

Honoree, Sackett Heart Ball - 2014

Best Bedside Manner - Our Health Magazine 2015

Dr. Frantz is a past president of the Lynchburg Academy of Medicine.

He has two grown daughters who have flown the coop and is accompanied tonight by his wife, Judy.

Dr. Frantz provided this abstract of his presentation, entitled “Polar

Opposites”:

The biography of Nikola Tesla and his competition with Thomas Edison in the field of electricity provides a backdrop to the story of direct current versus indirect

current in the electrification of the homes and industries of the world. Dr. Frantz reviewed Nikola Tesla's origins as an immigrant from Croatia and his early work with Edison. Edison championed direct current, but alternating current had advantages, particularly in transmission over distances. Tesla designed the first AC motor based on the innovative idea of a rotating magnetic field.

Public relation battles were fought between Edison and Westinghouse over the dangers of AC versus DC current, including Edison's promotion of Westinghouse's alternating current for capital punishment in New York State.

However, the practicality and success of AC current were proved with the dramatic illuminations and demonstrations of the 1893 Chicago World's Fair and the large-scale generation of power at Niagara Falls, all with Tesla's designs.

Tesla remained a prolific inventor in electricity and other fields with a predominant interest in wireless communication and the elusive idea of power transmission through the air. He was superseded by Marconi in the invention of radio, although it was later determined Tesla's early patents had been infringed and he can rightly be regarded as the father of radio.

His later years were marked by more eccentric, but sometimes accurate pronouncements on future inventions. He died in 1943 and his legacy faded quickly as opposed to Edison's more enduring fame. He is increasingly celebrated as his contributions to the design of our electric infrastructure are recognized.

After a question and answer period, the meeting was adjourned by President Doyle at 9:01 p.m.

Respectfully submitted,

Ted Delaney

Acting Secretary

Minutes of the 1,437th meeting of the SPHEX Club

February 21st, 2019

President Doyle called the 1,437th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, February 21st in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Dawson, Delaney, Delzingaro, Doyle, Frantz, Gilmer, Glickman, Langhorne, Light, Marion, Nygaard, Roberts, Selden, Smith, Stinnett, Tiller, West, Wilson, Wright

Unable to attend:

Bateman, Cyphert, Edwards, Ferguson, Garren, Geveden, Gillette, Hendricks, Lucas, Nichols, Payne, Schewel, Sigler, Wilder.

Minutes February 7th

The minutes of the February 7th meeting were approved with one slight modification. The election to select SPHEX officers will take place on March 14th.

Program Committee Report

Rev. Dennis Roberts, chair of the Program Committee, reported that Dr. Khalilah L. Brown-Dean, Associate Professor of Political Science at Quinnipiac University in Hamden, Connecticut will be our speaker at our end-of-the-year banquet. A date for that evening will be available soon.

Treasurer's Report

Our treasurer-for-life, Marc Schewel reported that the SpheX Club has \$379.04 in the Bank of the James – just as it has had most of this year.

Nominating Committee Report

Dr. David Frantz reported that selections and elections for SPHEX Club officers will take place during the March 7th meeting.

Our Presenter for the Evening was Christina Delzingaro

Christina Delzingaro is a graduate of Randolph-Macon Woman's College (now Randolph College) and holds both a BA and MBA degree. She is Chief Executive Officer of the Free Clinic of Central Virginia. Christina has over 25 years success in community development, organizational capacity-building and establishing alliances. Prior to joining the Free Clinic in 2014, Christina was Director of Programs for the AIDS/HIV Services Group in Charlottesville. Also Delzingaro was the executive director for The Arc of the Piedmont in Charlottesville and an executive with Goodwill Industries of Richmond. Delzingaro has also worked with the State Human Rights Committee and the Charlottesville Housing and Redevelopment Authority.

Ms. Delzingaro provided this abstract of her presentation:

ABSTRACT

New Wave. Same as the Old Wave?

The Rights of Women, Anarchy, Women's Lib, Girl Power, Cyberfeminism and more Anarchy

This paper presents a brief history of feminism in the United States, and highlights common themes in each of the four feminist waves. The author notes that since 1792, the feminist movement has had one constant: passionate disagreement between different schools of thought, which history will later smooth out into a single overarching "wave" of discourse.

The roots of feminism start in the late 1700's with the Enlightenment in Europe and Mary Wollstonecraft's *A Vindication of the Rights of Women*. Wollstonecraft's work inspired women in the United States and eventually led to the Seneca Falls Convention in 1848. This first wave of feminism focused on the right to vote and the right to divorce, eventually leading to the Nineteenth Amendment which granted voting rights for women.

The second wave of feminism encompassed the women's liberation movement in the 1960's and 1970's and was largely influenced by Betty Friedan's *The Feminine Mystique*. The second wave worked to eliminate restrictive cultural gender roles and resulting workplace and government discrimination against women. Activism during this period led to the Equal Employment Opportunity Commission, the

Equal Pay Act, the increase in divorce rights, the passage of Title IX, and changes in attitudes about the role of women in society.

Third wave feminism stopped trying to normalize gender constructs, sexuality, and identity politics. Anita Hill's testimony in the Clarence Thomas Supreme Court nomination process, and the resulting lack of any result, helped fuel the third wave, and its frustrations with trying to create change within the existing systems.

Extending from about 1990 to 2015, third wave issues included environmentalism, body positivity, fat positivity, sex positivity, and LGBTQ rights.

The Women's March in 2016 may be the starting point of the newest wave of feminism, the fourth wave. The Women's March was organized in reaction to what many perceived to be the hyper-masculinity of Donald Trump's presidential campaign. It is fueled by social media, with members of the movement sometimes referred to as "cyber-feminists." It pushes feminist critique in public discourse through public spaces and social media. It uses social media including Twitter feeds, Instagram and blogs to educate and advocate. Sexual assault awareness marches and slutwalks are examples of how the fourth wave moves feminism into public spaces and the public spotlight.

Racial and class divisions, differing views about the roles of women, and competing philosophies about the impact of individual change, social change and

institutional change in creating equality for women have marked each of the four eras of feminism. The splinters the differences created support the view that there really has never been a single, united feminist movement. The ideology and philosophy informing it has shifted over time, creating separate waves of feminism. As Tom Head has written, “There have been multiple feminisms representing the efforts of women to live to their full humanity in a world shaped by and for men.”

As the Me Too movement barrels forward, as record numbers of women seek and fill political office, and as men are held accountable for their behavior, feminism is reaching a level of cultural relevance it hasn’t enjoyed since the second wave.

After a question and answer period, the meeting was adjourned by

President Doyle at 9:01 p. m.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,438th meeting of the SPHEX Club

March 7, 2019

President Doyle called the 1,438th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, March 7th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cyphert, Delaney, Delzingaro, Doyle, Edwards, Ferguson, Frantz, Garren, Gillette, Gilmer, Glickman, Hendricks, Langhorne, Light, Marion, Nichols, Roberts, Schewel, Sigler, Smith, Tiller, West, Wilson.

Unable to attend were:

Bateman, Cook, Dawson, Geveden, Lucas, Nygaard, Payne, Selden, Stinnett, Wilder and Wright

Minutes for the February 21st meeting were approved with one slight modification.

Nominating Committee Report

Hermina Hendricks, chair of the Nominating Committee, reported that the following slate of officers will be voted on during the March 21st meeting:

President	Jim Wright
Vice-President	Ellen Nygaard
Secretary	Ken West
Assistant Secretary	Cham Light

Treasurer Marc Schewel

Program Committee

Reverend Dennis Roberts reported that the Annual Dinner Meeting will be held at Randolph College on May 15th. Guests are welcomed at the dinner. Invitations with more details about the event will be mailed to members.

Treasurer's Report

The treasurer of the SPHEX Club, Marc Schewel, reported that the Bank of the James continues to hold onto our \$379.04.

Our Speaker for the evening was Dr. Stephanie Ferguson

Dr. Ferguson was raised in Appomattox, Virginia. Coincidentally, the Ferguson's business lawyer during those years was our own Arelia Langhorne.

Dr. Ferguson received her PhD from the University of Virginia in 1996, a MS Degree from the Medical College of Virginia at the Virginia Commonwealth University in 1987 and her BSN from the University of Virginia in 1985.

For more than 20 years, Dr. Ferguson has worked in 100+ nations as a technical advisor, consultant and facilitator for the World Health Organization (WHO) and the International Council of Nurses (ICN). Dr. Ferguson is the Founder, CEO and President of Stephanie L. Ferguson & Associates, LLC, a global health consulting firm with more than 35 years of experience designing, implementing and

evaluating health-related strategic plans and programs. The firm specializes in health systems, strengthening and evaluation methodologies, human resources for health, curriculum development and accreditation of health professional schools, executive leadership and management development, and innovative global health strategies. The company serves 100 million people, works with bilateral and multilateral agencies and strategic partners in over 155 nations.

**Dr. Stephanie Ferguson submitted this abstract for her presentation entitled:
“The Fellowship”**

The White House Fellowship (WHF) is the nation's premier program for leadership and service. The brainchild of Carnegie Corporation President John Gardner, and introduced by President Johnson in 1964, this prestigious, non-partisan program gives young Americans direct experience working at the highest levels of government. Since the Fellowship began, each year, 11-18 fellows of “exceptional intelligence, character and promise” come to Washington, DC, to work alongside senior White House staff, cabinet secretaries and other top-ranking officials; interact with distinguished leaders; and study policy action at home and abroad. Fellows serve for one year and earn government rate pay. They all receive top secret and/or national security clearances.

Called the “incubator for American leaders,” the WHF has produced a reservoir of 800+ superbly qualified men and women with an extraordinary willingness to serve. Alumni lead every segment of our society. They include cabinet officials, flag officers, corporate presidents/CEOs, college university presidents, US ambassadors, senators and congressmen, leaders of the arts, journalism and literature, and many more. Dr. Ferguson shared some of her experiences when she was a 1996-97 Fellow and Special Assistant, appointed by President Clinton and assigned to work for him and Dr. Donna Shalala, Secretary of the Department of Health and Human Services. In November 2019, Dr. Ferguson will begin her elected term as the 55th President of the White House Fellowship Foundation and Alumni Association and appointed member of the President’s Commission on White House Fellows.

After a question and answer period, the meeting was adjourned by

President Doyle at 9:15 p. m.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,439th meeting of the SPHEX Club

March 21, 2019

Former President of Sphex, Kim Payne, called the 1,439th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, March 21st in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Doyle, Edwards, Langhorne, Light, Lucas, Marion, Nygaard, Payne, Roberts, Schewel, Smith, Stinnett, Tiller, West

Unable to Attend Were:

Bateman, Delzingaro, Ferguson, Frantz, Garren, Geveden, Gillette, Gilmer, Glickman, Hendricks, Nichols, Selden, Sigler, Wilder, Wilson, Wright

Special guests for the evening were Mary Abrams, Dick Whitehead, Al Chambers, and emeritus member, Thomas Ledford.

Nominating Committee's Report

The Nominating Committee's slate of officers was elected unanimously. They are:

President	Jim Wright
Vice-President	Ellen Nygaard
Secretary	Ken West
Assistant Secretary	Cham Light
Treasurer	Marc Schewel

Program Committee

Reverend Dennis Roberts reported that the Annual Dinner Meeting would be held at Randolph College on May 15th at 6:00 PM.

Treasurer's Report

The Treasurer's Report was given by Marc Schewel who reported that SPHEX still has \$379.04. However, this amount will change as we approach and after we have celebrated, the SPHEX Annual Meeting at Randolph College.

Nancy Marion was our presenter for the evening.

Nancy Marion has been collecting old photos of Lynchburg since about 1999. Her digital collection contains more than 30,000 images of the area gathered from library and newspaper archives, city and agency collections, and private sources. She has posted many of these photos and maps on her website, LynchburgHistory.com, where they are available to view and download. She also writes a weekly column for the *News & Advance* called "Mystery Picture of the Week."

A native of Amherst County and graduate of Sweet Briar College, Nancy is an experienced graphic designer, having been a partner at The Design Group since 1977. Logos, posters, packaging, newsletters, catalogs, magazines and books—Nancy has done it all!

In 2003 she founded Blackwell Press to publish non-fiction books and the history magazine, *Lynch's Ferry*. In 2006 she compiled and published Gibson Hobbs' book, *The Canal on the James*, and in 2018 she revised and published a new version of *Hill City Trolleys* by Harold Cox. She has also worked closely with regional authors, designing and publishing books about places such as the Old City Cemetery, the Anne Spencer Garden, Virginia Episcopal School, Wintergreen, Hogtown, Elon, and Nelson County. She has published art books featuring local luminaries including Queena Stovall, Georgia Morgan, Brookie Abbot, Edward Beyer, Sarah Raessler, and Stanhope Johnson.

She is an avid photographer as well, and has a remote pilot's license for aerial drone photography.

Nancy Marion provided this abstract of her presentation: "Get Outta Town"

The roads of Virginia had their beginnings as animal paths and Native American trails. In fact most of our present interstate highways began as trails. With the coming of Europeans with their thirst for profitable trade, the road network expanded and the quality of roads improved in order to haul freight to the ports. Different roadbuilding methods, including plank roads, corduroy roads and **McAdam-ized** roads, were adopted. Even so, a 1796 trip to Richmond from Williamsburg took 15 hours when the roads were wet. The low point for roads occurred after the Civil War, when railroads had begun to take the passengers,

freight, and most of all, the state money, from highway projects.

Not until the advent of the automobile did roadbuilding begin a comeback. Not only did roads improve, but the associated industries of food and lodging began to change. Roadside inns and taverns evolved into “tourist courts” and “tourist camps,” and eventually into motels. African American travelers found their own segregated accommodations with the help of a guide called “The Green Book.”

Early roads were neither well marked nor well documented. The first detailed maps of the Lynchburg area were drawn by Southern mapmakers during the Civil War. The first highly detailed map of the city itself was the 1877 Gray’s map showing every building and its owner. The ^{Baist} Baist map in 1891 showed similar detail, **though**, being created during a “boom” period, it showed **dreams** along with reality.

In the nineteen-teens, auto clubs and oil dealers began making travel maps, which showed the convoluted ways drivers had to go to get from point to point. Before route numbers were codified in the 1920s, instructions involved directions such as “turn left at yellow house.” Not until 1932 did the state adopt the current structure of route numbering. Comparisons of old maps superimposed over modern maps show several surprising and often convoluted routes of the old roads.

After a question and answer period, the meeting was adjourned by

President Doyle at 9:15 p. m.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,440th meeting of the SPHEX Club

September 5, 2019

President Jim Wright called the 1,440th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, September 5th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Delaney, Delzingaro, Edwards, Frantz, Gillette, Hendricks, Lucas, Marion, Payne, Roberts, Sigler, Smith, Stinnett, Tiller, West, Wilson, Wright

Unable to Attend Were:

Dawson, Doyle, Garren, Glickman, Langhorne, Light, Nygaard, Schewel, Woo

Special guests for the evening:

Maria Roberts and Jodie Gillette were the special guests of the SpheX Club this evening.

Treasurer's Report:

Treasurer Marc Schewel provided the following report. The total income for the SPHEX Club from September 1st, 2018 to August 31st, 2019 from annual dues and the annual meeting was \$2,810. The total expenses for this same period were \$3,191.48. This included \$500 for sponsor reimbursement and \$2,691.48 for the annual dinner at Randolph College.

Thus, for the year our net income was minus \$381.48.

Last year at this time our cash on hand was \$879.04.

Today our cash on hand is \$497.56

Chairs of SPHEX Committees announced:

Membership - John Cook

Nominating - Jeff Wilson

Program - David Frantz

SpheX History (ad hoc) - Ted Delaney

Dennis Roberts was our speaker for the evening:

The Reverend Dennis S. Roberts is a native of Rural Retreat, Virginia. He graduated in 1983 from Washington & Lee with a B.S. in Business Administration and Accounting. He then earned a Master of Divinity degree from the Lutheran Theological Seminary in Gettysburg, Pennsylvania. Roberts accepted a call to Holy Trinity Lutheran Church in Lynchburg, where he has served since January 1991.

Rev. Dennis Roberts is known for his work on inclusivity and service to others. The following proclamation was read by Lynchburg's former mayor Michael A. Gillette at an awards ceremony honoring Dennis Roberts: Pastor Roberts has been "a tireless supporter and instrumental leader of numerous community organizations and causes that feed the hungry, care for those in need, welcome the marginalized, and promote the welfare of all members of our community." Gillette also cited how Roberts has "conscientiously engaged across

interfaith lines" and "worked diligently to make Lynchburg a more supportive, caring, open, and inclusive community."

Roberts and his wife, Maria, are the parents of two daughters – Gretchen and Sena.

Dennis Roberts provided this abstract of his presentation entitled: "The Magic Power of Song"

1919 was a momentous year in American history. The Nineteenth Amendment – granting women the right to vote – was approved by both houses of the U.S. Congress and sent to the states for ratification in June, 1919. However, significant history had already been made earlier that year when, on January 16, 1919, the requisite number of states approved the Eighteenth Amendment to the Constitution prohibiting “intoxicating liquors” in the United States.

Alcohol had been a part of the American colonies since their founding. Taverns were extremely popular and often formed the focus of social life in villages and towns. Alcohol was used to celebrate, to commiserate, to mourn, and simply to promote good fellowship and conviviality. There was little effort to formally regulate the sale and consumption of alcohol, though it was painfully obvious that some could not manage their alcohol consumption effectively. Increase Mather, an influential Puritan clergyman in the Massachusetts Bay Colony and president of Harvard College for twenty years, observed, “Drink is in itself a good creature of God, and to be received with thankfulness, but the abuse of drink is from Satan; the wine is from God, but the drunkard is from the Devil.” By the early nineteenth century, alcohol consumption was wreaking societal havoc that some have compared to the opioid epidemic in our own time.

In 1826, two Presbyterian clergymen – Lyman Beecher and Dr. Justin Edwards – founded what became the American Temperance Society which attracted more

than 1.5 million members within ten years. Following the Civil War, women – specifically women of Protestant, Anglo-Saxon stock – emerged as a formidable political force, advancing temperance efforts. The Woman’s Christian Temperance Union (WCTU) was founded in 1874, to work for temperance, women’s suffrage, educational reform, family planning, and against child labor practices. In the early 1890s, the Anti-Saloon League (ASL) was formed as a single-issue, non-partisan political pressure group to ban alcohol completely. The ASL, along with other temperance organizations, joined forces with the anti-Roman Catholic, anti-Jewish, racist Ku Klux Klan to press for a constitutional amendment. Anti-German attitudes during World War I added nativist fears to the growing movement to portray alcohol as un-American and unpatriotic.

The second part of the speaker’s presentation dealt with WCTU leader Frances Willard’s belief that “the magic power of song” should be exploited to “add new converts to the cause of Temperance.” Thousands of temperance songs were written between 1840 and 1920, with titles such as “Close Up the Booze Shop,” “Sign the Pledge for Mother’s Sake,” “Comrades, Fill No Glass for Me,” “Always Vote as You Pray,” and the children’s song, “The Future Law-makers.”

The third part of the presentation referenced the speaker’s great-great uncle, Charles Baxter Roberts, an avocational musician who taught shape-note singing schools in southwestern Virginia and beyond in the late 1800s/early 1900s. Shape-note musical notation, originating in England and widely used in the rural South, featured shaped note heads that helped singers find pitches within major and minor scales without the use of more complex information found in key signatures on the staff. Included in “Uncle Charlie’s” music library and teaching repertoire were books of temperance songs, including “The Temperance Harp,” published in Dayton, Virginia, in 1881.

The paper concluded with a “Lynchburg Prohibition Postscript,” with highlights of the story of Methodist Bishop James Cannon, Jr., a prominent leader in the Anti-Saloon League, and his differences with U.S. Senator and Lynchburg newspaper publisher Carter Glass, and the Byrd Machine in Virginia. Cannon bolted from the Democratic Party and backed Republican Herbert Hoover in the 1928 presidential campaign because the Democratic candidate was the “wet,” Roman Catholic Al Smith. Glass had evidence of Cannon’s wartime flour hoarding and profiteering, but kept the information private until the *New York World* revealed Cannon’s stock speculation, election law improprieties, and illicit affair with his secretary. Although tried in both ecclesiastical and civil proceedings, Cannon was never convicted.

In many ways, the story of Bishop Cannon is an emblematic microcosm of the corruption, the lawlessness, the hypocrisy, the bribery, the bootlegging, the smuggling, the rum-running, the organized crime, the proliferation of drinking establishments, the accidental poisonings from adulterated alcohol, the mob violence, the death, and destruction that came to characterize our nation’s ill-fated experiment with Prohibition.

The speaker concluded with the observation that when the Eighteenth Amendment was repealed in 1933, the return of legal and regulated alcohol made it *harder* – not easier – to get a drink. On that note, the presentation concluded with the Irving Berlin song, “A Toast to Prohibition,” which hailed “the land we love the most and the law that started people drinking.”

After a question and answer period, the meeting was adjourned by

President Wright at 9:10 p.m.

Respectfully submitted,
G. Kenneth West, Ph.D., Secretary

Minutes of the 1,441st meeting of the SPHEX Club

September 19, 2019

President Jim Wright called the 1,441st meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, September 19th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Delaney, Delzingaro, Doyle, Edwards, Glickman, Hendricks, Langhorne, Marion, Payne, Roberts, Schewel, Sigler, Smith, Tiller, West, Wilson, Wright

Unable to Attend Were:

Dawson, Frantz, Garren, Gillette, Light, Lucas, Nygaard, Stinnett, Woo

Special guests for the evening:

Brea Cyphert, the daughter of our speaker, was SPHEX's special guest for the evening.

Treasurer's Report:

Marc Schewel delivered a treasurer's report too hilarious to adequately summarize. However, I can say that at the moment Marc began his report SPHEX had \$497.56 in the bank.

Membership Committee

Judge John Cook reported that the SpheX Club now has 28 active members. The constitution will allow the club to add 7 new members. The committee plans to

add four members by the end of October and may add more in the second half of the SPHEX year. Please send your nominations to Judge Cook along with biographical information that includes their qualifications for membership.

Nominating Committee

Dr. Jeff Wilson, who chairs the nominating committee, is looking for members to join him on the committee. If you would like to serve, please contact Dr. Wilson.

Motions to Change the Presentation of the Minutes

- The first motion was to send the minutes, including a summary of the presentation, to the inactive and emeritus members. This motion passed.
- The second motion was to send the minutes including a summary of the presentation to the active members prior to the next meeting and to forego reading the minutes and the summary of the presentation at the next meeting. This motion failed to pass.
- The third motion was to send the minutes including a summary of the presentation to active members prior to the next meeting, but to read them at the meeting as well. This motion passed.

Katie Cyphert was our presenter for the evening.

Katie Webb Cyphert was born in Fort Sill, Oklahoma to two native Virginians, and moved to Lynchburg when she was two. Katie attended school in Lynchburg from kindergarten to her graduation from E.C. Glass in 1998. In 2002

she received her Bachelors of Science in Psychology-Special Education from Lynchburg College (now the University of Lynchburg).

After 6 years as a Special Education Teacher at E.C. Glass, Katie ventured into financial services for 5 years. She held licenses in Life & Health, Property & Casualty, Variable Products (Series 6/63), and Long Term Care Insurance. Katie returned to the classroom in 2013 to teach Earth Science at Linkhorne Middle School, where she also became the Science Department Chair.

Katie is currently in her sixth (and final!) year as Chair of the Lynchburg Democratic Committee. She is also the 6th Congressional District Representative for DPVA's Voter Protection Council, a building rep for the Lynchburg Education Association and a member of Moms Demand Action. Katie's past activities include serving on the boards for Young Professionals of Central Virginia and Friends of Rivermont. Katie is now serving as a Girl Scout Leader for a Daisy Troop.

Katie and her husband Mark have two daughters: Brea is 13 and in the 8th grade at Dunbar and Rosalie is 9 and in the 4th grade at Linkhorne Elementary. Tonight Katie will present her second paper for SPHEX.

Katie Cyphert provided the following abstract for her paper entitled: “A Little Stuff in Here.”

Beginning with discussions of mass consumerism and the number of household objects held by the average American household, Cyphert included related facts about the prevalence of off-site storage units held by Americans, the attempts to keep up with the Joneses, the expectation to shop for a variety of holidays and family events, and the struggle to organize “all our stuff.” With the explosion of more items in the average household, the organization industry has seen a similar upswing, with bestselling books, self-help gurus, online coaches and programs that propose various methods of decluttering and downsizing. The advent of social media has created a variety of Facebook support groups and has provided insight into many American homes and lives. Cyphert explained that when social media posts cross into public pleas for help with safety and sanitation concerns, we have transitioned from clutter to hoarding disorder.

The second part of the paper went into the diagnosis and treatment of Hoarding Disorder, as defined in the DSM-5. Hoarding Disorder presents health and safety concerns to the resident, and to the surrounding community. However, financial costs can pose a serious barrier to accessing needed services. Many localities across America have founded Hoarding Task Forces to serve as both rapid response and ongoing support for individuals with hoarding disorder. Cyphert maintained that providing these services would help many people living in Lynchburg.

After a question and answer period, the meeting was adjourned by President

Wright at 9:11 p.m.

Respectfully submitted,

G. Kenneth West, Ph.D.

Secretary

Minutes of the 1,442nd meeting of the SPHEX Club

October 3rd, 2019

President Jim Wright called the 1,442nd meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, October 3rd in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Doyle, Frantz, Garren, Glickman, Hendricks, Langhorne, Light, Lucas, Marion, Nygaard, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Woo, Wright

Unable to Attend Were:

Delzingaro, Edwards, Gillette, Smith

Special guests for the evening:

Mike Bradford and Edie Light, the wife of our speaker were our special guests for the evening.

Treasurer's Report:

Treasurer Marc Schewel led off his financial report by confessing to the immensity and intensity of his hoarding disorder that clearly fit the description defined by the DSM-5 in 2013. After Mark appealed to Katie Cyphert for help, we witnessed a miracle cure very rarely seen in SPHEX meetings. Healed totally by Katie, Marc

was finally able to tell the membership that The Sphex Club has \$497.56 in the bank – the same amount that we had at our last meeting.

Nominating Committee Report:

Dr. Jeff Wilson, chair of the nominating committee, announced that the committee is now complete after the addition of two new members: Hermina Hendricks and Kevin Smith.

Membership Committee

Judge John Cook, chair of the Membership Committee, reported that the committee will bring forward a slate of nominees for membership into Sphex at the next meeting on October 17th. The voting to select as many as 4 new members will take place on October 31st. Any member who would like to nominate someone for membership can send the name and pertinent biographical data to Judge Cook.

The committee expressed a special interest in adding additional qualified females for consideration.

Program Committee

Dr. David Frantz, Chair of the Program Committee, announced that he and committee members George Dawson and Joe Stinnett are making progress in selecting potential themes for the presentation at SPHEX's annual dinner.

Members are invited to send any names and credentials of potential speakers. Dr.

Meredith Woo, president of Sweet Briar College, invited the program committee to consider holding the annual meeting at Sweet Briar College.

Cham Light was our presenter for the evening:

After over 30 years of service as Assistant General Counsel and Claims Director with Nationwide Insurance, Cham is now “Of Counsel” with Gentry Locke Attorneys. Cham has been a long time community volunteer having served as President of the Boards of the Lynchburg Historical Foundation, the Old City Cemetery, and the Library of Virginia in Richmond. Cham is currently President of the Board of Trustees of Jones Memorial Library.

Our speaker, Cham Light, provided this abstract of his presentation entitled: “Is it a Power Station, A School or What?”

Mr. Light said the institution that he was going to review this evening first came to be in his consciousness in 1960 when as a second grade student he began a lifelong interest in the political process during the Kennedy vs. Nixon presidential campaign. His presentation tonight reviews the Presidential Electoral College and the process that leads to the election of the President of the United States.

Mr. Light noted that he had personal experience with the system in 2000 when his wife Edie served as the Presidential Elector from the 6th Congressional District for Republican candidate George W. Bush. Not only was Cham proud of

his wife's service, but also he thought the process worked as it was designed, and was a good way to elect our U.S. President.

Mr. Light first reviewed how the Constitutional Convention of 1787 came to establish this process. He noted that the Delegates to that Convention were probably the wisest and most experienced group of individuals ever assembled in the political history of the United States.

There were several plans put forth for electing the national executive. One was election by the national legislature. But that was deemed to make the national executive too dependent on the legislature and represented more of a parliamentary system. Also considered was the election of the executive by the governors of the various states. This idea was also rejected. Direct election by the voters was also considered but was deemed to be "impractical". Finally a process was agreed to in which each state would be entitled to a number of votes equaling their number of national representatives and senators. This system was agreed to in part to balance the disparity in population between the more populated and lesser populated states that were fearful that the larger states might dominate the federal government.

Since its adoption as Article II, Section 1 of the Constitution, it has (with some minor changes in the election of the Vice President) worked as originally designed. The provision left to the individual states the decision about how they

would select their electors. Currently 48 states hold elections by Congressional District and two Electors are chosen by the party at a state convention. It is a winner take all process where the candidate with the largest number of votes in the state receives all the state's votes regardless of how individual districts voted. Maine and Nebraska select their Electors on a district basis with two Electors based on the state wide total.

One of the advantages of the approach finally adopted is that any election fraud is confined to individual states. Therefore, a nationwide recount is not triggered by allegations of fraud in any given jurisdiction. However, the biggest advantage may be that this system pushes candidates and parties to build coalitions and not focus on a limited number of large population centers.

Mr. Light passed out a sheet showing the registered voters by state – pointing out that based on population and registered voters, six or eight states with ten to twelve large cities would have enough votes to elect the president. He submitted that a change from the Electoral College approach would lead to this situation which would not be healthy for the country and would lead to more political extremism.

Mr. Light used the elections of 1888 and 1892 as an example of how the system fosters a broad approach. In 1888 President Cleveland won a plurality of the popular vote but it was concentrated in the South, and he did not have enough

electoral votes to defeat Benjamin Harrison. Four years later, Cleveland ran against Harrison, expanded his base to more states, and even though he won a smaller percentage of popular votes, he still secured the most Electoral votes to win back the Presidency.

The biggest argument against the current Electoral College is that occasionally the winner of the popular vote does not win the votes needed to win the Electoral College. While this does not sound democratic, the U.S. is not an absolute democracy but rather a democratic republic having many nuances as to how various elected positions work. There are a number of other countries in the world including Germany, India, the United Kingdom and Canada that have hybrid systems to elect their national executive that are not based on a strict popular vote. Mr. Light examined one of the new proposals, the National Popular Vote Interstate Compact or NPV, that would basically abolish the Electoral College. He discussed some of the deficiencies of this approach and why it would lead to an increase in political extremes.

In closing Mr. Light hoped he had reminded his listeners of some information about the Electoral College they may have forgotten, or perhaps given them new information.

After a question and answer period, the meeting was adjourned by President Wright at 9:04.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,443rd meeting of the SPHEX Club

October 17th, 2019

President Jim Wright called the 1,443rd meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, October 17th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Delzingaro, Edwards, Garren, Langhorne, Light, Marion, Nygaard, Payne, Roberts, Sigler, Smith, Stinnett, Tiller, West, Wilson, Wright

Unable to Attend Were:

Doyle, Frantz, Gillette, Glickman, Hendricks, Lucas, Schewel, Woo

Membership Committee

Judge John Cook, chair of the Membership Committee, read the credentials of six candidates nominated for membership in the SPHEX club. Up to four members will be selected at the next meeting on October 31st. The credentials of the six nominees will be sent to all active members along with an absentee ballot for those who will be unable to attend the meeting on October 31st. Because there are seven openings at this time, Judge Cook reported the committee plans to hold another election at the beginning of 2020. Any candidates not selected for membership on the 31st can be nominated again for the next election.

Treasurer's Report:

Marc Schewel, Treasurer of SPHEX, reported that our current treasury balance is \$553.56. The SPHEX Club received \$56 to cover a previous year's dues and attendance at the annual meeting.

Mr. Kevin Smith was our presenter for the evening:

Kevin Smith is currently the Chief Legal Officer for Genworth's U.S. Life Insurance Business and Operations. Kevin joined Genworth in 2000 and has served the company in various capacities, including Interim President of US Life Insurance in 2014.

Prior to joining Genworth, Kevin worked as an attorney for Prudential's individual life insurance business. Before Prudential, he worked as a bankruptcy attorney at a New Jersey law firm, Riker Danzig, where he specialized in Chapter 11 reorganizations. Kevin currently serves as a director of the Guaranty Associations of Delaware, North Carolina, South Carolina and Virginia.

Kevin now serves as president of the Lynchburg City Schools Education Foundation. He is also a director of the Lynchburg Beacon of Hope, an organization dedicated to providing scholarship resources for Lynchburg City School graduates.

Kevin received his B.A. from Colgate University and his J.D. from Columbia Law School.

Kevin's wife of 30 years, Janeen, is a preschool teacher at Heritage United Methodist, where she teaches 4-year-olds. Kevin and Janeen have three children. Their oldest child Hannah is a UVA and Curry School graduate who is currently teaching the Spanish half of a bi-lingual kindergarten class in Harrisonburg, VA. Their second child, Haley, is in her 4th year at UVA Medical School and plans to practice family medicine. Their youngest child, Jacob, is currently a 4th year at UVA, applying to doctoral programs in astronomy.

Kevin provided this abstract of his presentation entitled: "THE HEISENBERG CERTAINTY PRINCIPLE"

Even today the name Heisenberg evokes an odd sense involving the combination of intelligence and foreboding. As Nazi Germany's leading theoretical physicist, Heisenberg was in charge of developing Nazi Germany's nuclear power and atomic bomb program. Heisenberg was brilliant, gifted and someone the Allies greatly feared. And he failed.

Ironically, what Heisenberg is best known for is his uncertainty principle, which effectively captured mathematically the transition from the Newtonian

world of physics to the subatomic world of Quantum physics. Heisenberg presided over the Quantum world of theoretical physics and won a Nobel Prize.

In December 1944 one thing was certain – Nazi Germany was nowhere close to developing an atomic bomb. What few people know, however, is that the person who concluded this after talking with Heisenberg personally was (a) American, (b) Jewish; and (c) a professional baseball player. That individual was a man named Morris Berg who was every bit as brilliant as Heisenberg and every bit as inscrutable. He was a polymath with a photographic memory who graduated at the top of his class in Princeton. He graduated from Columbia Law School but played professional baseball so well that he was on two all-star teams that toured Japan in 1932 and 1934.

Even more interesting, Mr. Berg was a spy. While touring Japan in the '30's, he filmed Tokyo from its highest building, and these films were used for bombing raids. After his professional baseball career ended, Berg joined the OSS or Office of Strategic Services as an agent. In this capacity, he parachuted into Yugoslavia; and, more importantly, as it pertains to Heisenberg, he was given the task to kill Heisenberg at a Zurich lecture if he determined that Nazi Germany was close to developing an atomic bomb. With a pistol and a cyanide capsule in his pocket, Moe Berg, posing as a Swiss physics student, actually sat next to Heisenberg at a dinner in Heisenberg's honor, then left the dinner with him and

walked Zurich's streets talking with Heisenberg. Berg properly concluded that neither Heisenberg nor Germany were anywhere close to developing an atomic bomb, and Berg let Heisenberg live.

What Berg really discovered, however, were the consequences of decisions made by a failed regime that all but assured Germany would not develop an atomic bomb. This is the story of two brilliant individuals that can only be told against the backdrop of Nazi Germany's and America's atomic efforts, the events which conspired to place Berg and Heisenberg next to each other at a dinner table in Switzerland.

After a question and answer period, the meeting was adjourned by

President Wright at 9:09 p.m.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,444th meeting of the SPHEX Club

October 31st, 2019

President Jim Wright called the 1,444th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, October 31st in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delzingaro, Doyle, Edwards, Frantz, Garren, Gillette, Glickman, Hendricks, Light, Marion, Nygaard, Payne, Roberts, Schewel, Smith, Stinnett, Tiller, West, Wright

Unable to Attend Were:

Delaney, Langhorne, Lucas, Sigler, Wilson, Woo

Special guests for the evening were:

Kappa Peddy, Charlie McVeigh and Peter Doyle, the husband of our presenter.

Membership Committee

Chairman John Cook and the Membership Committee held an election to add four new members to the SPHEX Club. Four people were selected, and they will be notified as promptly as possible.

Treasurer's Report:

Having temporarily run out of humorous accounts of how he has spent the SPHEX money, Treasurer Marc Schewel did not disappoint. He delivered a variety of Halloween sayings and truisms that had the members laughing far too joyously to notice that there is still \$553.56 in the bank.

Program Committee

Dr. David Frantz reported that the Program Committee is making progress in planning the annual dinner. The site for the annual dinner will be Sweet Briar College.

Ms. Julie Doyle was our presenter for the evening:

Our speaker was born in Los Angeles and raised in Portland, Oregon. She is one of five sisters. Ms. Doyle received her Bachelor of Science in Mechanical Engineering at the University of Notre Dame and a Master's in Business Administration from George Washington University. Her first job after college was as a Sales Engineer for Westinghouse Electric Corporation. Afterwards, Ms. Doyle was an Education Account Executive at Honeywell, Inc and presently she is the President and Executive Director of The Education & Research Foundation.

Ms. Doyle has contributed generously to the Central Virginia Community. Presently she is a member of the Centra Health Board of Directors, the University of Lynchburg Board of Trustees, the Bank of the James Board of Directors and The Lynchburg Education Foundation Board of Directors. Formerly she was

Chairperson of the Lynchburg City School Board and the president of the Kids' Haven Board of Directors.

Julie is married to Peter Doyle who is a native of Lynchburg. The two met at Notre Dame where Julie lettered in volleyball. Julie and Peter have three children—all Notre Dame graduates. Kevin lives in Chicago. He and his wife Caitlin have a daughter Grace who is 2 years old. Sarah, their second child, lives in Seattle. And, their youngest child, Maggie, is a senior pre-med student at Notre Dame. Incidentally, Julie became the first woman to be President of Notre Dame's prestigious Monogram Club.

The presenter, Julie Doyle, provided this abstract of her presentation:

The employees selected to assist with hospitality and safety during commercial flights up until the late 1960's on United Airlines, Northwest, TWA and other domestic airlines fit a very specific profile: they were young, white, single, petite, attractive females.

From 1953 to early 1959, one of those select young women was Julie Doyle's mother – Margaret Jeanne Marie Henriot, known to her friends and family as "Nini".

There were certain flying stories that were told over and over in Julie's house as she and her four sisters grew up. **Sexism, racism, intrigue and danger** are not words that were included in the stories told around the kitchen table. However, Nini's life as a stewardess for United Airlines was filled with all of that and more.

Nini's "Adventures in the Unfriendly Skies" included getting put out on unpaid leave for 30 days because she was too tan and might be mistaken for an African American. Stewardesses were required to reflect the common perception of the 1950's "All-American Girl" which meant they needed to be single, young, petite and unquestionably white.

In between being suspended for being too dark and permanently retired when she married, Nini and her roommate unknowingly took part in a coast-to-coast drug smuggling operation and nearly got themselves fired. Tragedies - including one friend lost in a midair explosion and another in an airline bombing - were heartbreaking experiences Julie's 88-year-old mother carries with her to this day, along with the many joyful memories.

Thankfully, the archaic restrictions on age, weight, skin color and marital status are long gone from the flight attendant employee handbooks, but Nini's many "Adventures in the Unfriendly Skies" during the Golden Age of air travel live on in the stories her five (5) daughters continue to tell to anyone who will listen.

After a question and answer period, the meeting was adjourned by

President Wright at 9:11 p.m.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,445th meeting of the SPHEX Club

November 14th, 2019

Vice President Ellen Nygaard called the 1,445th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, November 14th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Doyle, Edwards, Frantz, Garren, Gillette, Glickman, Langhorne, Light, Marion, Nygaard, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson

Unable to Attend Were:

Delzingaro, Hendricks, Lucas, Smith, Woo, Wright

Special guests for the evening:

Mr. Nat Marshall and Mrs. Sheila Garren, the wife of our speaker, were SPHEX's special guests for the evening.

Membership Committee's Report—Judge John Cook, chair of the Membership Committee, reported that 4 candidates were selected to be offered membership in Sphex. They are now being contacted.

Treasurer's Report: Our treasurer, Marc Schewel, is widely known for his frequently hilarious treasurer's reports. This meeting was no exception. Schewel took four themes from Sphex president Julie Doyle's presentation entitled

“Adventures in the Unfriendly Skies.” Doyle discussed how years ago female flight attendants frequently faced sexism, racism, intrigue and danger. Our treasurer explained how these same four themes have somehow haunted the financial history of SpheX. After he finished his unique, possibly bizarre, analysis, Ms. Doyle observed, “Marc, that was the longest non-report I’ve ever heard.” Although no one but Marc is sure how much money SPHEX had in the bank that night, our best guess is that SPHEX still has \$553.56 -- just as it had in our previous meetings. Of course, only Treasurer Schewel knows for sure.

Dr. Kenneth Garren was our presenter for the evening and Dr. Garren provided us with this introduction:

This evening’s speaker is in his 19th year as President of the University of Lynchburg and his 52nd year in academia. Prior to his academic career, Garren served for 5 years with the U.S. Space Program and co-authored “Manual Control of High – Altitude Apollo Launch Abort” which was signed by Buzz Aldrin, the 2nd astronaut to land on the lunar surface. Dr. Garren began his military service while in high school at the age of 17 as a private in the Virginia Army National Guard. He retired as Colonel, US Army, receiving the Meritorious Service Medal for his work at the Command & General Staff College at Fort Leavenworth, Kansas.

Dr. Garren's degrees include a BS from Roanoke College, a masters in Mathematics from William and Mary, and a Ph.D. in mathematics from Virginia Tech.

Dr. Garren currently serves on two national boards:

- One is the Board of Directors of the *National Association of Independent Colleges & Universities*, which directs *lobbying efforts* in Washington, DC.
- He also serves on the board of the *Educational & Institutional Insurance Administrators* (EIIA)—that is the comprehensive provider of insurance for 135 colleges & universities nationwide

Garren has several meaningful awards that he received while in Lynchburg. They include:

- The Liberty Bell Award given by the Lynchburg Bar Association
- The “Silver Patrick Henry Medallion for Patriotic Achievement” awarded by the Military Order of World Wars
- The “Humanitarian of the Year” award given by the Virginia Center for Inclusive Communities.
- The “Mayor of Lynchburg’s Excellence Award” for service to the community
- The “Roanoke College Medal” given in recognition of his outstanding service to the college and community.

- And, the Charles W. L. Foreman Award -- a national award that recognizes “truly exceptional commitment and leadership” in the advancement of the Council of Independent Colleges.

In addition Dr. Garren was pictured on the front page of the Wall Street Journal in November 2015 in an article entitled, “Colleges Flex Lobbying Muscle.” This piece highlighted his work in leading the opposition to the US Department of Education’s Scorecard.

Sheila and Ken are the proud grandparents of eight grandchildren ranging in age from 10 to 24 years of age. Also they are the parents of two sons and a daughter, all three of whom earned doctoral degrees and are engaged in the field of education.

**Our presenter, Dr. Garren, provided this abstract of his presentation entitled:
Vignettes: Genesis... To Joshua**

Dr. Garren began with the genesis of his own life by providing a sequence of short stories told in chronological order. Beginning with his birth in Augusta, Georgia, Garren described what his life was like as he grew up attending seven different schools in five different cities and in three different states. His first truly enlightening experience came after he moved with his parents to Roanoke, VA during his junior year at William Fleming High School. It was then that he met Sheila, the love of his life, on a school bus returning from a football game. She was standing in the aisle, so Garren moved a friend aside so that she could sit beside

him. When her boyfriend did not meet Sheila in the parking lot, Ken graciously took her to her home. Five years after that date they were married and have been married for more than 58 years.

Some of the specific topics Dr. Garren covered in his presentation included his memories about

- Ms. Romanstine, his 4th and 5th grade teacher who gave him his first presidency
- His brother, Johnny, who won a competitive scholarship to the University of Richmond where he studied physics and then worked for his entire career at NASA's Langley Research Center. This also was where Ken Garren worked on the Apollo Project and co-authored a document on an Apollo abort system that fortunately no one ever needed to use.
- Garren also discussed his student days at Roanoke College that featured a "commuter students' lounge" that was actually the family's 57 Bel Air Chevrolet; Dr. Garren's hot lunches came by way of cooking a wiener over the Bunsen burner in his physics lab.
- Dr. Garren's military career began when he was a private in the Virginia Army National Guard and concluded at Fort Leavenworth where he worked both in the Center for Army Lessons Learned following Desert Storm and Desert Shield, and with the US Army Command & General Staff College.

- Garren discussed his favorite college professor Homer Bast whose favorite quote was: “It was not the strongest nor the fastest that survived through the ages, but those that changed with the environment.”
- President Garren then recalled his early days at Lynchburg College when he first created the beloved “Hornet Hop” victory dance.
- Garren’s other favorite accomplishments at the University of Lynchburg included the creation of the DPT Program, the construction of Schewel Hall, and receiving important gifts from Navy veteran Dr. John Bower, Roger Tetrault and former NC state senator, Ike Belk.

Dr. Garren concluded with this reflection: *I began this presentation in the Genesis of my life and subsequently realized that I had not only seen the Promised Land, as had Moses, but I had actually dwelled there for my proverbial “40 days and 40 nights”. Likewise, as Joshua followed Moses and fought many battles during his leadership, I, too, fought battles during this period, most of which were victorious, and supported the University of Lynchburg and Higher Education in general. Certainly not all battles fought were described in this paper. Other stories will be told in the future when I write a more complete book titled “Vignettes”.*

After a question and answer period, the meeting was adjourned by Vice President Nygaard at 9:08.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,446th meeting of the SPHEX Club

January 9th, 2020

Past President Julie Doyle called the 1,446th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, January 9th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Edwards, Frantz, Garren, Gillette, Hendricks, Langhorne, Marion, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Wodicka

Unable to Attend Were:

Wright, Nygaard, McDonald, Smith, Light, Woo, Manian, Lucas, Glickman

Special guests for the evening:

Howard Langhorne, our presenter Arelia Langhorne's husband, was the special guest of Sphex for the evening.

Minutes

The minutes for the November 14th meeting were read and approved without modification.

Membership Committee's Report

Judge John Cook announced that the four people offered membership are now members. Three will attend beginning in January: Reid Wodicka, Travis

McDonald, and Sabita Manian. Shaun Spencer-Hester will join SPHEX in the fall of 2020. Judge Cook also announced that there will be another election of members in the spring.

Program Committee Report:

Dr. David Frantz reported that the Program Committee has scheduled the Annual SPHEX banquet for May 13th at Sweet Briar College. Our speaker will be Ann Phillips, the Special Assistant to the Governor for Coastal Adaptation and Protection. Dr. Frantz expressed his thanks to George Dawson and Joe Stinnett for their work this year on the Program Committee.

Treasurer's Report:

Treasurer Marc Schewel opened his Treasurer's Report by honoring the excellent autobiographic presentation given by President Ken Garren in the last meeting. Then our ambitious treasurer declared himself to be the most boring member of SPHEX and offered several humorous examples of why that title should be his. Hearing no opposition to his claim, Mr. Schewel then ended the treasurer's report by saying the SPHEX Club has \$533.56 in its account.

Ms. Arelia S. Langhorne was our presenter for the evening. Ms. Langhorne provided the following autobiographical introduction:

Arelia Langhorne is a retired attorney. She practiced law for 36 years during which time she also served many organizations in the Lynchburg community.

In retirement she has been a named plaintiff in two gerrymander law suits and has served a term as President of the board of directors of Lynchburg Covenant Fellowship, an organization focused on providing housing to the marginal and disabled among us, and the League of Women Voters of Lynchburg, supporting voting rights for all citizens.

She is a graduate of Valparaiso University and the University of Virginia School of Law.

On February 23, 2019 Arelia received an Outstanding Community Recognition Award from the Jubilee Family Development Center on its 20th Anniversary. Her honor recognized her “Lifetime of Committed and Loyal Service to Civil Rights and the Greater Lynchburg Community.”

Arelia said that her goal now is to manage her stress and keep family first. Arelia is married to Lynchburg native, Howard R. Langhorne, and they have two grown daughters, Valerie and Teresa. She is the proud grandmother of Micah and Steve, Jr. Micah is now a freshman at North Carolina A&T State University, in Greensboro, listed among the historic black colleges and universities in America. This is Arelia’s fourth SPHEX presentation.

Mrs. Langhorne provided the following summary of her presentation called “**The Look, A Savannah Girl’s View**”. This is a story highlighting some events in the speaker’s life, and her views as they unfolded.

Part I: Someone is always WATCHING

Areliia began by asking what we see first when we think about Gov. Ralph Northam during the nine months between February 1, 2019 (when the scandal broke) through election night on November 5, 2019.

Then Mrs. Langhorne told the story of breaking the glass ceiling when she was elected Chairman of the Lynchburg School Board in July of 1988, and was first addressed as **Madam** Chairman. She acknowledged the extraordinary women before her who had the skills for such leadership. The journey began with her appointment to the school board in August 1981 when Valerie was two years old and Teresa was not yet conceived. Mrs. Langhorne was invited to join the school board by M. W. Thornhill, Jr. This preceded the deliberate, intentional, historic and courageous election in July of 1981 of the Rev. Haywood Robinson as the first black Chairman of the Lynchburg School Board.

After her appointment, Ms. Langhorne shared what she described as “all hell breaking loose” --the “**fight**” between the white male principal and the black female teacher at Bedford Hills School both of whom sustained medically documented injuries, misdemeanor assault cross warrants, much publicity and a

recommendation from the superintendent for disciplinary action against the teacher. There had been a prior incident between this principal and teacher regarding performance. The **“fight”** occurred behind closed doors on school property with no witnesses. Arelia voted in the minority against disciplinary action against the teacher. Later, Arelia joined in a unanimous vote to remove the principal’s name from a list the superintendent recommended for a leadership team that would develop the new career ladder and improve staff development programs.

Part Two: **Mid-West Racism**

The Valparaiso story was too long. It covered what was rumor, and now documented digitized press accounts of the August 1923 agreement by the trustees to sell Valpo to the Ku Klux Klan. In 1967 O. P. Kretzmann was President of Valparaiso University and was known to have personally walked with and welcomed the first black undergraduate student. He established the University’s deaconess program for women who wanted to work in a ministry. When I was an 18- year- old freshman, O. P. Kretzmann said, **“the 50 black students cause more trouble than the 3,000 whites.”** I was offended. White students, trustees, and faculty were offended. In an atmosphere which affected all on campus, Kretzmann’s twenty-eight year position as President ended with his resignation.

I was a resident assistant. My junior year when I arrived on campus at Memorial Hall, the Dorm Director greeted me by saying, **“Where have you been? We’ve been working like little niggers all day.”** The next morning I told Dean Roush. Lindberg “apologized.” Dean Roush told me she had planned to retire Mrs. Lindberg at the end of the school year and shared the story of how her husband Carl Lindberg, worked for the University virtually without pay; therefore, **the University felt it owed his widow a living.** It was not what I wanted to hear but I heard her. I was only partly aware of the school’s history and economic woes. I was aware that two other black women would be living in that dorm, Ingrid Bradley and Loretta Elam. They later told me Mrs. Lindberg had followed them to the attic when they took their luggage for storage, looking at them like they were thieves. **So they started watching her.** When I was a student, there was a rumor that the Ku Klux Klan had tried to buy the University.

Part III: History and Time Will Tell Northam’s 1984 Yearbook Scandal

At the press conference, Pam Northam , someone who loves him, stopped him from making matters worse. Northam apologized for the hurt caused then and now, kept his head down and went to work on healing the scars exposed. On February 21, 2019, Brett Murphy of USA Today wrote, “In one of the most extensive searches of college yearbooks ever, we found blackface and Ku Klux Klan photos like Ralph Northam's far beyond Virginia.” A review of 900 yearbooks, found

“blatant racism.” The review resulted in an apology from Nicole Carroll, editor of USA today for approving a racist picture for publication on her watch in the Arizona State University yearbook 1988-89.

Part IV: Timing is Everything, the Lynchburg Museum

Our presenter reviewed two horrible tragedies.

One was on June 17th, 2015 in Charleston, S.C., when Dylan Roof, a white supremacist, killed 9 innocent people.

On August 11-12, 2017 in Charlottesville, on the pretext of defending Confederate statues, white supremacists held a violent protest. Heather Heyer and two Virginia State Troopers, Lt. H. Jay Cullen, and Berke M.M. Bates were killed. Also, 28 people were injured.

The Lynchburg Museum announced in December of 2018 it would borrow the Five Forks Confederate Battle Flag from the American Civil War Museum for a display. After a year of authenticating and reviewing other museums' displays of controversial exhibits, holding focus groups and surveys, the day came. On January 5th, 2020 the Lynchburg Museum opened the Exhibit, **Five Forks/ Battle Flag: A Community Perspective.**

I went to the opening. This is a summary of my conversation with Kevin Shroyer, proponent for this Confederate flag display. Do you know whether slaves were sent with Confederate soldiers to be what today we call body men to go and

cover them and bring them back home to the slave master? I also said it's ok if you don't know. He replied that he did not have any documentation of that but opined it happened in Virginia.

I asked because I am not a Virginian by birth. My heritage includes the following history. My paternal grandfather, **Shedrick Smith**, was the body man for what today would be his half-brother. My grandfather went to the Confederate war battles in South Carolina with plantation owner James Smith's son, and yes, he brought his "brother" back alive, but injured. Then my grandfather joined the Union Army Colored Soldiers where he served for four years before his honorable discharge and return to Pineland, South Carolina.

The presentation concluded with Ms. Langhorne urging people to attend the Lynchburg Museum Exhibit of the Five Forks Battle Flag: A Community Perspective and to witness a new citizen's Naturalization ceremony, and to visit the National Museum of African American History and Culture which opened September 16, 2016 in Washington, D.C.

After a question and answer period, the meeting was adjourned by former President Doyle at 9:42.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,447th meeting of the SPHEX Club

January 23rd, 2020

President Jim Wright called the 1,447th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, January 23rd in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Delzingaro, Edwards, Frantz, Garren, Gillette, Langhorne, Light, Marion, McDonald, Nygaard, Payne, Roberts, Sigler, Stinnett, Tiller, West, Wodicka, Wright.

Unable to Attend Were:

Delaney, Doyle, Glickman, Hendricks, Lucas, Manian, Schewel, Smith, Stinnett, Wilson.

Special guests for the evening:

Rosemary Dawson, the spouse of our presenter George Dawson, was SpheX's special guest for the evening.

Moment of Silence

A moment of silence was observed in remembrance of our treasured friend and fellow SpheX Member, Dr. Graham Gilmer. Dr. Jeff Wilson will create a resolution that shares our feelings with the family. Cham Light circulated a card to let the Gilmer family know we are thinking of each of them.

New Member

One of our new members, Travis McDonald, was introduced to SpheX members.

Travis is the Director of Architectural Restoration at Poplar Forest.

Membership Committee's Report

Judge John Cook, chair of the Membership Committee, announced that SpheX will choose four new members this spring. Judge Cook hopes to complete this selection by March 19th. Please send any nominations to the committee.

Mr. George W. Dawson was our presenter for the evening:

George Dawson was born in Crozet, Virginia and met his wife Rosemary in the third grade. They married after completing their undergraduate educations. After graduating, Mr. Dawson served in the U.S. Army Medical Services Corps in Viet Nam as the junior officer in charge of the medical evacuation of injured soldiers. In 1980 George, Rosemary and their son Nick moved to Lynchburg where Mr. Dawson became the President and CEO of Centra Health during the merger of Virginia Baptist and Lynchburg General hospitals. Since then George and Rosemary Dawson have distinguished themselves by their volunteer work, philanthropy and involvement on a variety of boards throughout Central Virginia. In 2011 *The News and Advance* recognized Mr. Dawson as the Person of the Year in Central Virginia.

In his non-stop version of retirement, Mr. Dawson has also become well known for his artwork. A reviewer wrote, “In his art, he explores unaccustomed views of familiar scenes. Unbound by convention, Dawson looks for new ways to express color, shape and form.” In the fall of 2017, Mr. Dawson received the Katie Hill Vaden Memorial Award for his work exhibited in the Lynchburg Art Festival.

Our presenter, Mr. Dawson, provided this abstract of his presentation entitled:

One Fish, Two Fish, Red Fish, Blue Fish

Beginning with text from Genesis 1: 26-28 and the familiar Dr. Seuss poem, both dealing with fish, Dawson drew on books by author Paul Greenberg, as well as a number of contemporary sources, to discuss America’s relationship with seafood and the sea. He touched on the history and plight of oysters in the New York harbor, Louisiana shrimp in the Gulf of Mexico, and especially on the Sockeye salmon in the Bristol Bay watershed. He expressed his view that these fish are threatened by the mining of the Pebble ore deposits located 150 miles upstream in Sockeye spawning grounds. In tracing the history of the Pebble Mine controversy, Dawson touched on the regulatory “ping pong” match that has featured both red and blue “fish” politicians. Dawson then introduced and reviewed trends in aquaculture – noting that the US exports much of its wild catch

but farmed fish imports now outnumber our consumption of wild caught seafood. In conclusion, he urged club members on environmental consciousness and gave them advice on the need to responsibly eat seafood - both wild caught and farm raised.

After a question and answer period, the meeting was adjourned by

President Wright at 9:10,

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,448th meeting of the SPHEX Club

February 6th, 2020

President Jim Wright called the 1,448th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, February 6th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Dawson, Delaney, Delzingaro, Doyle, Edwards, Light, Lucas, Manian, Marion, McDonald, Nygaard, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilder, Wilson, Wodicka, Wright

Unable to Attend Were:

Frantz, Garren, Gillette, Glickman, Hendricks, Langhorne, Smith,

Special Guest

Matt Schewel, son of our presenter Marc Schewel, was our special guest for the evening.

New Member

One of our new members, Dr. Sabita Manian, was introduced to SpheX members. Sabita is the Associate Dean of the University of Lynchburg Arts and Sciences,

School of Social Sciences and Professor of International Relations and Political Science.

Treasurer's Report

Sphex's treasurer and also our speaker for the evening, Marc Schewel, announced that there would be no Treasurer's report because it might take valuable time away from our esteemed speaker.

Correction to the Minutes of January 23rd

Judge Cook reported that the Membership Committee will select four new members before March 19th. He urged present members to share nominations with the committee. The secretary helped by listing the committee members: George Dawson and Joe Stinnett. As it turns out, neither George nor Joe is a member of the committee. However, you can still give your nominations to them. They will be happy to pass them on to the actual members of the committee: Christina Delzingaro, Caroline Glickman, and Ellen Nygaard.

Mr. Marc Schewel was our presenter for the evening:

Marc Schewel is a native of Lynchburg, VA. He graduated from E.C. Glass High School in 1965 and from Washington and Lee University in 1969.

Except for a brief teaching tenure at Appomattox High School, Mr. Schewel has worked all of his adult life at Schewel Furniture Company, where he is currently

President. Schewel Furniture Company is a retail furniture chain with 50 stores in Virginia, North Carolina, and West Virginia. Mr. Schewel, his brother, and his son are the fourth and fifth generations to own and operate this family business which will celebrate its 125th Anniversary in 2022.

Mr. Schewel is involved in numerous community service activities. He is currently Chair of the Lynchburg Jewish Community Council and the Greater Lynchburg Habitat for Humanity. He is the past Chair of the United Way of Central Virginia, past Chair of New Vistas School, past Chair of the YMCA, past Chair of the National Conference for Community and Justice, past Chair of the Salvation Army Advisory Board, past Chair of the Family Alliance, and past President of the National Home Furnishings Association. He currently serves on the Boards of Parkview Community Mission, Big Brothers Big Sisters of Central Virginia, the Virginia Legal Aid Society, and Randolph College.

Mr. Schewel is a recipient of the John Willis Award of Merit, the NCCJ Humanitarian Award, the Mayor's Award of Excellence, the Lynchburg Chamber of Commerce George Taylor Stewart Award, and was named a Paul Harris Fellow of the Rotary Club.

Mr. Schewel is the father of three children: David, Sara, and Matthew, and of two stepdaughters, Kali and Adrienne. He has eight grandchildren: Lia, Ari, Ana

Maria, Ben, Frank, Jackson, and Abigail. In his spare time Mr. Schewel enjoys exercise, reading, and duplicate bridge.

Our presenter for the evening, Marc Schewel, provided this abstract of his presentation entitled: THE MOST BENIGN OF VICES

Mr. Schewel began his presentation by attributing the title to a comment made to him twenty years ago by a colleague on the Randolph-Macon Board of Trustees. When he asked her if she thought excessive consumption of coffee could be harmful, she replied, "That, my friend, is the most benign of vices."

With that introduction, Mr. Schewel reviewed his personal coffee drinking history, which began not long prior to that conversation at a RMWC Board retreat, when, fearful of dozing off, he tried only his third cup in fifty years and quickly became a near addict. When he surprised his two buyers by requesting a stop at Starbucks en route to the High Point Furniture Market, they gifted him for Christmas a Keurig machine, which enabled him to have his morning cup at home but also reduced his patronage of his favorite café, the White Hart.

With research having clearly demonstrated the health benefits of coffee, Mr. Schewel posited that, in calling it a vice, his friend must have been referring to the time-wasting element of the proverbial "coffee break," an aspersion that could equally be applied to his real topic for the evening, compulsive reading.

Mr. Schewel has been an avid reader since his initial acquaintance with “Dick and Jane,” progressing from them to Thornton W. Burgess’s animal adventures in the Green Forest, the Bobbsey Twins, a comic book pantheon including the likes of Davy Crockett, Superman, Batman, the Flash, Dick Tracy, and finally the Hardy Boys before graduating to more adult fare around the age of thirteen. Possessing extraordinary physical and deductive powers, these juvenile heroes foreshadowed a mature fixation.

Released from formal education, Mr. Schewel joyously transitioned from required reading to reading for pleasure, devouring in fifty years over 3000 works of contemporary fiction, history, and biography, a dubious accomplishment, he admits, solitary in nature and with no more intrinsic value than other popular avocations.

Mr. Schewel asserted that his track record qualified him to elucidate the idiosyncrasies of the compulsive reader, who always finishes a book he starts, always has a new book on stand-by, keeps a mental list of twenty books he intends to read, takes advantage of every spare moment to read a few more pages, spends hours browsing bookstores, bookshelves, and online reviews, and eventually runs out of shelf space in his home, compelling him to trade, discard, or donate.

Mr. Schewel lamented the depths to which his reading regimen has deteriorated: one mind-numbing mystery thriller after another. He rationalized his

obsession by claiming that these novels keep his attention and that they reveal universal behavior, specifically the greed, jealousy, sexual passion, and ambition that motivate lawbreakers, and the persistence, deduction, and courage exhibited by detectives in crime-solving.

Mr. Schewel concluded with a capsule description of the works of thirty mystery thriller writers with whom he is intimately familiar.

After a question and answer period, the meeting was adjourned by

President Wright at 9:10.

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

Minutes of the 1,449th meeting of the SPHEX Club

February 20th, 2020

President Jim Wright called the 1,449th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, February 20th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Delaney, Delzingaro, Doyle, Hendricks, Langhorne, Light, Manian, Marion, Nygaard, Payne, Roberts, Schewel, Stinnett, Tiller, West, Wilson, Wright

Unable to Attend Were:

Dawson, Edwards, Frantz, Garren, Gillette, Glickman, Lucas, McDonald, Sigler, Smith, Wodicka

Special guests for the evening:

SpheX's special guests for the evening were Elizabeth Cook, the wife of our presenter Judge Cook. And, Jean Cook, the John and Elizabeth's daughter.

Resolution of Appreciation

Dr. Jeff Wilson wrote and read "A Resolution of Appreciation for Graham Gilmer III, M.D. The resolution was approved by the SpheX membership unanimously.

Copies will be sent to the Gilmer family and placed in Sphex's permanent collection at Jones Library.

Jones Library Committee

Ted Delaney, chair of the committee, led a discussion about increasing the knowledge of and possibly access to Sphex speeches dating back to 1910. Many ideas were contributed. Cham Light, President of the Board of Trustees of Jones Memorial Library, suggested that Sphex verify that we have created a formal deed of gift to the library and that all active and inactive members be given the opportunity to sign a release that supports making their presentations available.

Treasurer's Report.

Treasurer Mark Schewel reported that earlier in the week the Sphex account was \$553.56. However, a confession followed. Having recently presented on his well-known addiction to books, Mr. Schewel shared that he had compulsively borrowed \$450 of the Sphex funds to buy an array of used books including 82 Perry Mason volumes. That leaves Sphex with \$103.56. Noting that Judge John Cook was sitting beside him, Mr. Schewel promised to repay the \$450 by 2:00 tomorrow. For those in the future having access to these minutes, please know that the treasurer's report was humorous not serious.

Treasurer's Report:

The Hon. John T. Cook was our presenter for the evening and provided this biographical information:

John Cook received his B.A. and J.D. degrees from the University of Virginia. He was elected a Circuit Court Judge for the Twenty-Fourth Judicial Circuit in 2008. He is also an adjunct faculty member at the University of Virginia Law School. Prior to 2008, he was a member of the law firm of Caskie & Frost for twenty-five years.

As a lawyer, he served as the representative of the Twenty-Fourth Circuit on the State Bar Council. He also served on the State Bar Committee of Legal Discipline. He is a Fellow of the American College of Trial Lawyers and past chair of the Virginia Chapter of the American Board of Trial Advocates.

He is past president of the Lynchburg Morning Rotary Club and a Paul Harris Fellow. He has served on the board of Kid's Haven, Lynchburg Symphony Orchestra, Lynchburg Historical Society, Lynchburg Youth Services, Boonsboro Country Club and James River Day School.

He is a member of Peakland Baptist Church and has served as moderator and chairman of the Congregational Council.

John has run in nine marathons, including Boston and New York.

Our presenter, Judge Cook, provided this abstract of his presentation entitled:

After a question and answer period, the meeting was adjourned by

President Wright at

Respectfully submitted,
G. Kenneth West, Ph.D.
Secretary

A Resolution of Appreciation for Graham Gilmer III, M.D.

(1942-2020)

Whereas Graham Gilmer III was born in Baltimore, Maryland , grew up in Orange, California, and

Whereas Graham graduated from Medical School at the University of Maryland, and

Whereas Dr. Gilmer served his country as a flight surgeon in the Navy where he completed his Otolaryngology residency, and

Whereas he joined Dr. John Risher in his Lynchburg ENT practice in 1978, and

Whereas he was an active member of the Sphex Club from 1996 to 2020, serving one term as President , and

Whereas his presentations, covering a wide range of topics, were always scholarly, informative, and entertaining, and

Whereas his intelligence and varied interests provided valuable contributions to the Sphex Club discussions, and

Whereas his convivial presence will be greatly missed by the members of the Sphex Club and by all who were fortunate to know him,

Now be it resolved that the members of the Sphex Club express their sincere appreciation for the life and membership of Graham Gilmer III, share the sorrow of his death, and extend condolences to his wife and family.

Minutes of the 1,450th meeting of the SPHEX Club

March 5th, 2020

President Jim Wright called the 1,450th meeting of the SPHEX Club of Lynchburg to order at 8:00 p.m. on Thursday, March 5th in the Board Room of Pacific Life in downtown Lynchburg.

Active members present were:

Cook, Cyphert, Delaney, Delzingaro, Garren, Gillette, Langhorne, Light, Manian, Marion, McDonald, Payne, Roberts, Schewel, Sigler, Stinnett, Tiller, West, Wilson, Wodicka, Wright

Unable to Attend Were:

Dawson, Doyle, Edwards, Frantz, Glickman, Hendricks, Lucas, Nygaard, Smith

Special guests for the evening:

Dr. Patty West, the wife of the presenter Dr. Ken West, was SpheX's special guest for the evening.

Treasurer's Report:

Judge Cook's recent explanation of Aristotle's triangle of legal persuasion – which consists of logos (presentation of the facts and applicable law), ethos (skill of the advocate), and pathos (the advocate's appeal to his listeners' emotions) – reminded me of the Schewel triangle of persuasive furniture selling. In the lower left corner of the triangle we have BOGO: "Ms. Smith, we have a special offer today, Buy One, Get One (free)." In the lower right corner of the triangle, we have NONO:

“Ms. Smith, buy today, and there is no down payment and no finance charge for twelve months,” and sometimes we throw in “no payments for six months.” And at the apex of the triangle, we have REPO: “I’m sorry, Ms. Smith, but if you don’t pay for your purchase according to your contract, we will have to come to your house and take it back.” After the chair’s report, the membership is guessing we still have \$553.56 in our account.

Membership Committee

Judge John Cook, chair of the Membership Committee, read the biographies of ten nominees for membership in the Sphex Club. Six new members will be selected.

Voting will take place during the next meeting, and absentee ballots will be available in advance for those who will not be able to attend.

Nominating Committee

Dr. Jeff Wilson, chair of the Nominating Committee announced the following nominees to lead Sphex in the 2020-2021 year:

President: Cham Light

Vice President: Arelia Langhorne

Secretary: Dr. Ken West

Assistant Secretary: Joe Stinnette

Treasurer: Marc Schewel

History Ad Hoc Committee

Ted Delaney, chair of the History Committee, announced that progress is being made as the committee is digitizing all of the Sphex presentations beginning in 1910 when the Sphex Club began to meet. The goal will be to increase access to the papers for all who are interested in reading them.

New Business

Ellen Nygaard's request to become an Emeritus Member of Sphex was unanimously passed.

Dr. Ken West was our presenter for the evening.

Dr. Ken West was born in Lynchburg and raised in Raleigh, NC. He was captain of the Wake Forest tennis team and selected twice as "Mr. Tennis" in the state of North Carolina. Ken has completed 22 Virginia Ten Milers and ten marathons.

Ken began teaching at Lynchburg College (aka University of Lynchburg) in 1976. There he received a national teaching award called The T.A. Abbott Award for Excellence in Teaching and several of the college's awards including the Shirley Rosser Award for Teaching Excellence, The James A. Huston Award for Excellence in Scholarship and the Elsie Bock Citizenship Award.

Ken has been recognized by the Virginia Center for Inclusive Communities with their Humanitarian Award and he was also honored with The Lynchburg Peace Prize. Ken has written 5 books-- two of which have been translated into Czech and Indonesian. In Lynchburg he may be best known for a weekly column he wrote for the News and Advance for 28 years. That's 1,456 columns, but who is counting? Ken is married to Dr. Patty West and they have three marvelous adult children and four extraordinary grandchildren.

PS: At our last meeting, President Wright mentioned Ken's relationship with Lynchburg's famous tennis personality and coach, Dr. Walter Johnson. Here is the rest of the story. In the mid-1960s, Dr. Johnson asked Ken to help him integrate the National Negro Boys Tennis Tournament. Ken entered. As a thank you (Ken guesses), Dr. Johnson ranked him as one of the Top Ten players in the National Negro Tennis Rankings.

Our presenter, Dr. West, provided this abstract of his presentation entitled:

You Call THAT A Painting!

The three artists who led painting into The High Renaissance left behind beloved paintings and sculptures that have stunned art lovers for centuries. Less well known by many are the diverse personalities of these three men who frequently clashed. Leonardo da Vinci, born in 1452, is considered by many writers to be the most brilliant and talented man in history. Among his most

beloved works are the Mona Lisa, The Last Supper and the Vitruvian Man.

Although Michelangelo is well known for painting the ceiling and alter wall of the Sistine chapel, his greater love was sculpting. His statues of David, Moses and the Pieta are among the most admired in the world. Raphael was the youngest of the three. Popular with those living in Rome, he completed paintings including “The School of Athens.” The popes loved Raphael and he worked willingly on their projects that fill four rooms in the Vatican. Unfortunately he died at the early age of thirty-seven and was buried in the Pantheon amidst great fanfare.

Leonardo was extraordinarily handsome, charismatic and brilliant. His biographer wrote that he is widely considered a “Universal Genius and one of the most diversely talented individuals ever to have lived. According to art historians, the scope and depth of his interests were unprecedented in recorded history, and his mind and personality seem to us superhuman.”

On the other hand, Michelangelo was 5’ 4” tall and 100 pounds, with stooped shoulders, and an unwashed appearance. He was an introvert who kept his work hidden from others rather than sharing the process of art as Leonardo did. Also, Michelangelo was quick to anger and to criticize those who offended him.

Michelangelo’s biographer wrote that Michelangelo was an “extremely touchy, proud, arrogant and difficult man who was insecure about his family, his physical appearance and his lack of education.” Raphael was frequently the object

of Michelangelo's anger because Michelangelo believed the young Raphael was stealing his ideas.

Totally the opposite, Leonardo welcomed people to watch him paint. And, he was willing to discuss art, science or any other interests with people of any age. Leonardo and Michelangelo frequently fought verbally over art. The two have many differences. Leonardo believed painting was a superior art form to Michelangelo's beloved sculpting. Leonardo criticized Michelangelo for painting like a sculptor, totally lacking the delicate talents of a true artist. Leonardo invented exquisite backgrounds behind the subjects of his paintings, while Michelangelo almost always painted unclothed nude males. Whereas Michelangelo was a perfectionist working 17 hours a day whenever possible, Leonardo rarely completed his projects.

Although both Leonardo and Michelangelo were gay, Leonardo was proud and open about his preferences. Unlike Leonardo, Michelangelo was extremely religious and struggled with his sexual preference although he wrote sonnets to Tommaso that "make up the first large sequence of poems in any modern tongue addressed by one man to another."

After a question and answer period, the meeting was adjourned by President Wright at 9:25.

Respectfully submitted,
G. Kenneth West, Ph.D.

The last regular meeting of the year, scheduled for
March 19,
and the Annual Meeting, scheduled for May 13 at
Sweet Briar College,
were cancelled due to restrictions on assembly ordered
by Virginia Governor Ralph Northam, necessitated by
the COVID-19 pandemic.