

Educate a Woman and You Educate a Family

The **Linly Heflin** Newsletter 2008
Focus on our **Scholars**
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of the annual Linly
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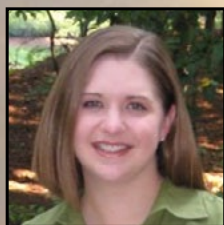
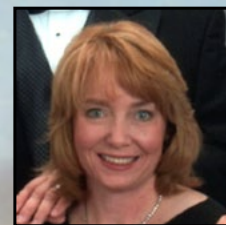


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A Surgical Mission Trip to Ethiopia Changed Her Life

Dr. Stringer with her parents, Theofas and Barbara Stringer, celebrating her Honor's Convocation at the University of South Alabama College of Medicine

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Mary Ann Davis

Pharmacy Director

Mary Ann Davis, featured speaker at the 2008 Linly Heflin Scholarship Luncheon, bubbles with enthusiasm over her chosen career in pharmacy. Her favorite subjects in high school were math, biology, and chemistry, and she always enjoyed “mixing things together”. She started working in a pharmacy in her hometown of Leeds at the age of sixteen. She liked her job there so much that she decided that she wanted to become a pharmacist. An outstanding student, she graduated as Valedictorian of her Leeds High School class. Offered a full scholarship to the University

“She always enjoyed ‘mixing things together.’”

of Montevallo, she opted to go to UAB instead, in order to get the preparatory courses that were necessary for pharmacy school. Her parents supported her dreams of a college education, but were not able to help her financially. Mary Ann was able to cover her expenses with the help of a Linly Heflin scholarship, student loans, and through continuing to work twenty hours a week at a drug store. After two years at UAB, she was accepted into the Samford Pharmacy School, and graduated in 1992. After working for several drug stores in the Mtn. Brook and Vestavia areas, she became employed at the Wellness Pharmacy in Homewood. In 2004 she became the Director of Pharmacy, the position she presently holds. The Wellness Pharmacy provides traditional over-the-counter medications and dietary supplements. In addition, they provide made-to-order prescriptions for individuals. In this respect, Wellness re-



Mary Ann at the Wellness Pharmacy

sembles an old-time apothecary. Pharmacists in their well-equipped labs actually manufacture the various medications and nutritional supplements that are prescribed by physicians from all over the city. The pharmacy is licensed to do business in 42 states, and fills a tremendous number of mail orders, since compounding services are not readily available in many areas of our country. Mary Ann is proud of the fact that the Wellness Pharmacy provides specialized care for every individual. She and the other pharmacists offer free consultations to patients with allergy problems. Children with autism often have severe allergies, and their parents receive expert counseling in regard to medications and supplements.

Dr. Jay Gogue

The President of Auburn University Speaks to the Linly Heflin

Dr. Jay Gogue, the President of Auburn University, was the main speaker at the May meeting of the Linly Heflin Unit. He gave a brief history of Auburn, explaining that it was the first “land-grant” college in the South, and therefore its mission was to teach agriculture, military tactics, and the mechanical arts as well as classical studies so that members of the working classes could obtain a liberal, practical education. At that time a college education was usually reserved for the upper classes and



Dr. Gogue with Katy Terry, 2007-08 Linly Heflin President, and Betty Knight 2008-09 Linly Heflin President

focused on Latin, Greek and the Classics. 75% of the population depended upon agriculture for a living, versus 17% today. In 1892, Auburn became the first state university to admit women. (That was also the year that the first football

As Director of the Pharmacy, Mary Ann is in charge of the hiring, training, and scheduling of the company's forty employees, which include fourteen pharmacists. She also has the responsibility of supervising the work carried on in the labs, filling in as a lab technician when necessary. She monitors the various licenses and regulations pertaining to the pharmacy. Much of her time is spent in talking to various doctors, nurses, and customers who request consultations.

Mary Ann finds her job to be challenging, time-consuming, and occasionally exhausting, yet she describes her work as satisfying, unique, and tremendously rewarding. She regards pharmacy as an ideal career choice for women. She believes that women are more patient and caring in dealing with individuals. The pay scale is attractive, and the work

“Pharmacy is an ideal career choice for women.”

schedules are flexible, which is a huge advantage for women with children at home. She is grateful that the business is closed on week-ends, so that she and her husband, Frank, can spend quality time with their two sons, nine-year-old Jackson, and five-year-old Grayson.



game was played at Auburn.) The University has grown to a campus of over 24,000 students, 52% of which are women. The overall goal of the school is to give students abilities that will help them to be successful in life. A recent survey of college graduates, done five years after graduation, found that 88% of Ivy League graduates said that they would choose the same college again, and 96% of Auburn graduates said they would choose Auburn again.

Dr. Gogue ended his talk with words of appreciation to the Linly Heflin for all that they have done to further education in Alabama, noting the fact that this year twelve Auburn students are Linly Heflin scholars. The members of the Linly Heflin gave him a well-deserved standing ovation.

Sarah Wuska

Former Mayor of Vestavia Hills

Sarah Wuska, former Mayor of Vestavia Hills, has led an incredibly busy and productive life. Raised on a farm in Barbour County, Sarah was the eldest of five girls. Her mother taught school part time to supplement her father's income from the farm. During her high school years one of Sarah's teachers, a graduate of the University of Alabama, so inspired Sarah that she became determined to follow in her teacher's footsteps and attend the University. Her parents heartily approved of Sarah's ambitions, but could only give moral support. Sarah found a job working for the Superintendent of Education in the nearby town of Eufala. By saving all of her earnings, she was able to enter the University right after her high school graduation. Other funding was derived from a job in the office of the Dean of Women. By going to school year-round she was able to graduate in three years,



Sarah with Vestavia Hills department heads

with a degree in Elementary Education. During her senior year, she applied for and was given a Linly Heflin scholarship, which she says was a tremendous help to her.

Following graduation, Sarah married her college sweetheart, Tim, who had majored in Mechanical Engineering. The couple settled in Birmingham, and Sarah spent the next two years teaching fifth and sixth grade at Minor Elementary School. Her career as a school teacher was interrupted by the arrival of their first child. She and her husband were eventually blessed with a family of four children: two boys and two girls. When the oldest was three years old, the couple moved to Vestavia Hills, where they still reside. Sarah is a person of boundless energy, and soon became heavily involved in all of her children's activities. She served



Mayor Sarah Wuska in her office

as neighborhood chairman for the Girl scouts, assisted with Boy Scout troops, swim teams, baseball teams, and held offices in the P.T.A. As the children grew older, Sarah undertook numerous civic and community jobs. She was instrumental in getting the Vestavia Hills Library started, and served on the Library Board for six years. She was an establishing member of the Vestavia Hills Board of Education, and served on it for ten years. She served on the

“The Linly Heflin assistance was a lifesaver.”

Vestavia Hills City Council for four years, and then spent another four years as Mayor. During her term she helped found the Chamber of Commerce, and also initiated a transportation program for older citizens. Her volunteer activities, which are almost too numerous to mention, include leadership positions



Sarah with husband Tim in front of the tree their children planted on the University of Alabama quadrangle for their 50th anniversary

“I had help from so many to get me to the college door that I had to give back as much as I could in life.”

in the Salvation Army, various church responsibilities, heavy involvement in a literacy program and serving as a Docent at the Birmingham Museum of Art. Through the years, she has truly been a “mover and shaker” for her entire community. In 2004, she was given a “Lifetime achievement award” by the Leadership Vestavia Hills Committee. In 2006 she experienced the thrill of a lifetime when she was awarded The Distinguished Alumni Award by the University of Alabama. Each year this coveted award is given to one man and one woman graduate of the University. According to Sarah, “I had help from so



Sarah with the Distinguished Alumni Award

many to get me to the college door that I had to give back as much as I could in life. The Linly Heflin assistance was a lifesaver. The generous ladies who support it cannot imagine the life-changing boosts you provide so many. I pray you are rewarded many times over.”

Check out our website:

www.linlyheflin.org

Learn more about the Linly Heflin, find out how to apply for a Linly Heflin scholarship, print reply cards for the ScholarshipFashion Show and Luncheon, and much more! Many thanks to Eve London, our wonderful webmaster.

Dr. Andrea Lamberson, M.D.

One Family, Two Family Practices

As the daughter of a Methodist minister of the North Alabama Conference, Andrea spent her childhood in a number of different cities and towns in that area. During her teen years, her father pastored a church in Wylam. She was always fond of animals, so she started working for a local veterinarian at the age of fifteen, and decided that she wanted to become a veterinarian herself. She graduated from Ensley

“Life’s blessings have certainly followed me since the days I initially interviewed for aid from your organization.”

High School in 1982, and entered Birmingham Southern with the ambition of making the grades required by Veterinary School. Finances were rather tight for the family, and she was thrilled to receive a Linly Heflin scholarship. She entered a work-study program to help with expenses, and continued her job with the veterinarian. In spite of her heavy work load, she was able to maintain a high G.P.A. Gradually her



Randy and Andrea with Emily and Wesley



Andrea, who doesn't even own a white coat, says that her youngest patients are much less afraid of a doctor in blue jeans.

goals changed, and she decided to apply to medical school. After she graduated with honors from Birmingham Southern in 1986, she entered Medical School at the University of South Alabama. Once again, her hard work paid off, and she was awarded a degree in medicine in 1990.

The next step in her career involved a move to Tuscaloosa, where she entered a Family Practice Residency with the Capstone Program at Druid City Hospital. It was here that she met her future husband, Randy, a graduate of the U.A.B. School of Medicine, who was enrolled in the same program. The couple married in 1998, and have set up separate family practices. Randy's office is in

Trussville, while Andrea's is in the Inverness area.

Andrea loves her career. She finds it is particularly rewarding to be able to minister to patients of all ages...from infants to senior citizens.

Andrea never wears a doctor's traditional white coat (and doesn't even own one) because many of her patients are children, and they are much less afraid of a doctor in blue jeans.

“The assistance and support I received from the Linly Heflin is still appreciated after all these years.”

Andrea and Randy lead extremely busy lives juggling two medical careers and raising their six-year-old twins, Emily and Wesley. They are sold on the benefits of education. Andrea has supervised the twins' early education. Both children are already proficient readers and are enjoying being first graders in Mt. Laurel Elementary School. Andrea and Randy participate in the PACT program, and have set up a trust fund which will pay for their twins' future college expenses, as well as for those of a niece and a godson. Andrea heartily approves of the Linly Heflin motto: “Educate a Woman and You Educate a Family.” In her words: “The assistance and support I received from the Linly Heflin is still appreciated after all these years. Life's blessings have certainly followed me since the days I initially interviewed for aid from your organization.”

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Dr. Marlene Rikard, Ph.D.

Professor of History, Samford University

Marlene Rikard, who recently retired as Professor of History at Samford University, is a person of many talents and abilities. In addition to fulfilling her role as a devoted wife and mother of two sons, she has found time to pursue two different careers. As an outstanding West End High School student, she was awarded a scholarship by the Linly Heflin. Since art had always been a major interest, she decided to enter Auburn University and pursue a commercial art degree. She majored in graphic design, and graduated with a BAA degree in 1960. She loved her time at Auburn, and is fiercely loyal to the school. While she was there, she met an attractive fellow graphic design student from Mobile. Marlene and Frank Rikard were married the year following their graduation. While her husband founded his own graphic design business, Marlene became the Art Editor for the Women's Missionary Union of the Southern Baptist Convention. After several years in this position, she decided to become a self-employed free-lance graphic artist. She particularly liked the flexible schedule that

Students would sleep in the halls so they could register the next day for her London Studies Program.

her work allowed, for the needs of her family were always uppermost in her priorities. In addition to art, Marlene had always loved history. She learned of a Master's program in history that was offered at Samford and decided to enroll. Because many of the courses were offered at night, she was able to continue with some free-lance graphic art work in the day time. One of her favorite professors was Dr. Wayne Flynt. Marlene tells us that his class in The New South opened an exciting avenue of study and research that shaped her future career. In 1971 she received a Master's degree in History, and was given a job as Director of Reader Services at the Samford



Professor Marlene Rikard

University Library. In 1973 she was asked to serve as an Instructor in the Department of History. Later, at the urging of some of her colleagues, she decided to begin work on a Ph.D. at the University of Alabama. It was a rather stressful time for her, as she also continued with her teaching at Samford. At the same time that she was creating lectures, composing exams, and grading papers, she was doing research and writing seminar papers for her professors at Alabama. Her husband and sons were a great deal of help to her during this time because they took on extra responsibilities at home. All of her efforts paid off, and in 1983 she was awarded a Ph.D. by the University of Alabama.

Marlene was made a full professor at Samford and became one of the most popular teachers on campus. She founded the field of Women's History, and offered courses in American Labor and Economic History. Other courses developed by her were New South and Oral History.



Professor Rikard on campus

Her goals were to teach her students how to learn, to broaden their understanding of the world, and to appreciate the importance of history in their own lives.

In addition to her teaching duties, she was made director of Samford's London Studies Program. From 1988 to 2000 she was in charge of every aspect of the program, from overseeing the renovation and maintenance of the physical facility to developing and administering the academic programs offered. The program became so popular that students would sleep in the halls of the school so that they could register for “The Semester Abroad” the following day.

Throughout her career, Marlene has won numerous honors and awards. In 1980-81 she was given The American Association of University Women Fellowship, which helped fund her expenses for the Ph.D. program at Alabama. Other awards include: The Southern History Award, Moore Memorial Scholarship, Frank L. Owsley Award, the coveted national John E. Rovensky Fellowship in Business and Economic History,

She has always urged students to live up to their highest potential.

the Award for Alumni Achievement in the Humanities from Auburn University College of Liberal Arts, and the Macon Award for Outstanding Teaching, Samford University, 2005. She has written prolifically, and published many professional papers. As a professor, her goals were to teach her students how to learn, to broaden their understanding of the world, and to appreciate the importance of history in their own lives. She always urged students to live up to their highest potential.

This past May, Marlene formally retired from teaching, but she will not remain idle. “I hope that I will be blessed with good health and self-discipline in retirement to complete some of the unfinished research projects that I have planned, and still find time for travel, adventures with friends, and some games of tennis played in the daytime rather than after work.”

50th Annual Linly Heflin Scholarship Luncheon



Audrey Lindquist, Brian Winston of Zenobia, Helen Crabtree and Patsy Dreher preview fashion designs at Gus Mayer

The 50th Annual Scholarship Benefit Luncheon and Fashion Show will be held at the Sheraton Birmingham Hotel Ballroom on September 18th, 2008. Once again **Gus Mayer** will be sponsoring the popular event, which will feature the store's fall collection and the designs of **Zenobia** of Canada. Co-Chairmen Helen Crabtree and Patsy Dreher and their hard-working committee members have been making preparations all year. The Linly Heflin wishes to express our deep appreciation to **Jeff Pizitz** and the **Gus Mayer** staff for once again making it all possible. We wish to thank the many individuals who contributed generously and the businesses that took out ads in our program and especially our Corporate Sponsors.

Linly Heflin Trust Fund Named Scholarships

Each year Linly Heflin receives a number of named scholarships. These are established by a gift of \$15,000 to the Linly Heflin Scholarship Trust Fund. Some donors choose to give a lump sum, and others spread out their giving over a number of years. The Linly Heflin is extremely grateful for the generosity of all of our donors. Here are the named scholarships established during the past year:

Katherine Johnston Myatt Scholarship
Elberta G. and Robert R. Reid Scholarship
The Hill Crest Foundation Scholarship
Mary Ruth Stevens Sevier Scholarship
Boyd-King Scholarship
Goodrich Family Scholarship
Virginia Ladd Tucker Scholarship
Gabriella Comer White Scholarship
Beverly White Dunn Scholarship
Susan Lindstrom Kennedy Scholarship
Eugenia Beatty Dean Scholarship
Elna Blount and Richard Spain Riley Scholarship
Clarke Crawford Gillespy Scholarship

We wish to thank **Gus Mayer**, the many individuals who contributed generously, the businesses that took out ads in our program, and especially...

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Linly Heflin Scholarship Luncheon and Fashion Show 2007



The 49th Annual Linly Heflin Scholarship Luncheon and Fashion Show was held on September 20th, 2007. A sell-out crowd of over 1000 attended the event, which was sponsored by Gus Mayer. Audrey Lindquist produced and narrated the presentation of lovely fall fashions from Gus Mayer, followed by creations brought to us by designer Hilton Hollis. Adding to the entertainment were a group of dancers from Birmingham Southern, and soloist Ivan

Weintraub, who portrayed Frank Sinatra. As the climax of the show, Miss Alabama, Jamie Langley, joined Hilton on the runway and presented him with a bouquet. Congratulations to Co-chairmen Ruth Jones and Valerie Watson and their committees for an outstanding, glamorous and successful event.



Jeff Pizitz, Ann Simmons, Rita Lindsey, Nichole Cummins and Herman Heinle attended the September meeting of the Linly Heflin and presented a sneak preview of some of the fashion designs to be seen at the 50th Anniversary show. They received thunderous applause.



Sally Worthen and other members of the Linly Heflin Unit modeled for Gus Mayer.



Betty Knight
President



Gina Long, Corporate
Funding Chairman

A Letter from the President of Linly Heflin

The Linly Heflin Unit, founded in 1919, is an organization consisting entirely of volunteers who are dedicated to giving academic scholarships to young Alabama women to attend Alabama colleges and universities. Our vision, "Educate a Woman and You Educate a Family", is the motivation for the main fund raising event which is a Scholarship Luncheon/Fashion show held each Fall. Through the years, over 3000 four year scholarships have been awarded to deserving young women. This year there are 84 scholarship recipients who attend such schools as Alabama, Auburn, Miles, Montevallo, Samford, Birmingham Southern, Judson, Troy, U. of Mobile, U.A.B., U.A.H., U.N.A., U.S.A. & J.S.U. The funding of these scholarships would not be possible without the tireless commitment of this community and our volunteers. The Linly Heflin is very grateful to all of you.

Betty Knight,

President of the Linly Heflin Unit 2008-2009

Erica Stringer

From Candy Striper to M.D.

Erica Stringer is from a family of high achievers. Her mother is a geriatric nurse at Mt. Royal Towers. Her father possesses a Master's degree in computer Science from U.A.B. One older sister, a graduate of the University of Tennessee College of Medicine, is serving her third year of residency in Pediatrics at Texas Tech in Lubbock, Texas. Another sister, an Auburn graduate, is a Project Engineer with a large construction company in Atlanta. This past May, Erica carried on the family tradition of success with her graduation from the University of South Alabama College of Medicine.

As a young teenager Erica had a burning ambition to become a lawyer, but this changed after she volunteered as a Candy-Striper at St. Vincent's Hospital. She became intrigued with the world of medicine. As a member of the Explorer's Group, she shadowed various physicians at U.A.B. These experiences, along with the fact that her older sister was going to medical school, convinced her that medicine would be her chosen field.

An excellent student, Erica graduated from the Honors Program at Shades Valley High School as Salutatorian. With the help of a Linly Heflin Scholarship, she attended Auburn University, majoring in Biomedical Science. She graduated with highest honors, and was accepted to The University of South Alabama College of Medicine. She was awarded a tuition scholarship



Comforting one of the patients who was about to undergo a resection of laryngeal papillomas at the Black Lion Hospital in Ethiopia (Photo by Erica Stringer.)



Erica (gray shirt) and Mike Ellis (recording artist and coordinator of Ethiopian North American Health Professional's Association) with three orphans from the People 2 People Orphanage, which gives financial and academic aid to children whose parents died of AIDS.



Erica (green scrubs) with children who had received surgery for their laryngeal papilloma at Black Lion Hospital in Ethiopia. (They were recovering so nicely that they were running and playing in the hospital wards!)



Erica dancing with one of the orphans from Hanna's Orphanage (an orphanage for kids whose parents have died of AIDS) in Addis Ababa, Ethiopia.

Erica would like to start a non-profit organization to bring eye surgery and preventive medicine to impoverished countries.

by the school. She also received a special Linly Heflin Medical School Scholarship, which she says was a great help toward the staggering cost of books and equipment.

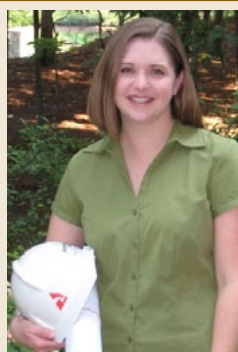
Erica is presently serving an Internship in Internal Medicine at Tulane University in New Orleans. Her ultimate goal is to become an ophthalmologist. Several members of her family have had serious eye problems, and she has seen first-hand how devastating poor eyesight can be. During her medical school years, she joined a group of physicians and medical students on a surgical mission trip to Ethiopia. For three weeks

she observed and assisted the doctors as they traveled to various villages bringing needed medical care to areas that were totally without doctors or hospitals. She says this was a life changing experience. Because of this, she would some day like to start a non-profit organization to bring eye surgery and preventive medicine to impoverished countries. For the present, however, Erica is extremely busy with her internship, which requires eighty hours of work each week. When she is on call, she often works for thirty hours at a time, with no sleep. In spite of these hardships, Erica truly loves her chosen career.

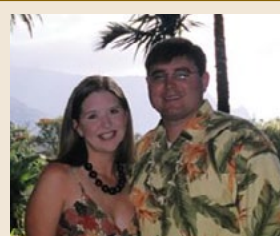
Amanda Irvin

Civil Engineer

Amanda Irvin became interested in the field of engineering as a child. Her grandfather had a coal mine, and she enjoyed visiting the site with him. In high school, her favorite courses were science and math. She graduated with honors from Minor High School in 1999. With the help of a Linly Heflin scholarship, she entered the School of Engineering at the University of Alabama. Because of the scholarship, she did not have to get an outside job, and concentrated on studying, instead. She excelled in all of her courses, and graduated in 2003 with a Bachelor of Science in Civil Engineering degree. Because of her excellent record, she



Amanda with her hard hat and drawings



Amanda and Nick at the Hanalei Bay Resort, Kauai, Hawaii.

was elected to two prestigious honor societies: Chi Epsilon and Tau Beta Pi. Amanda enjoyed her years in the Engineering school. The classes were usually small. The student body was predominantly male. In a class of twenty-five students, there would only be two or three girls. During her time at

UAB she met an attractive Chemical Engineering student, James "Nick" Irvin. The two were married following their graduation. Today, Nick is a research engineer for Southern Company Services. Amanda's first job was with LBYD, Inc., a local engineering firm. In 2005 she started working with Southern Company Generation in the Civil Design organization. The group works on projects for various plants throughout the Southeast. Her group is in charge of site development. Recently, she has been spending much of her time working on scrubber projects for Plant E.C. Gaston in Wilsonville, Alabama. The group specializes in grading and drainage. This past spring, Amanda passed the Professional Engineers exam and is now a registered Professional Engineer for the state of Alabama.