

**Press Release: Juan B. Lascano, senior at Nansemond River High School,
Receives the First Annual Howard D. Mast Memorial Scholarship**

The Suffolk Foundation, along with the Howard D. Mast Memorial Scholarship Committee, is pleased to announce the very first recipient of the Howard D. Mast Memorial Scholarship (HMMS) is Juan B. Lascano, a senior at Nansemond River High School. Juan was taught tennis at an early age by Mr. Mast and later played for him when he coached the Nansemond River tennis team. Juan stated in his essay the day Mr. Mast walked on the Nansemond River courts he exhibited a “huge dedication and passion for teaching the team the game of tennis and, even though, our record wasn’t significant, we knew that we had just experienced a once in a lifetime opportunity.” This year Juan served as captain of the varsity tennis team.

In making the selection, the committee reviewed the applicant’s academic performance, extracurricular activities, character, and recommendations. The Committee was impressed with Juan’s numerous academic, athletic, and service achievements and awards and also believes that Mr. Mast would be proud and honored to have him receive his memorial scholarship. Juan will be attending either North Carolina A & T State University or Norfolk State University. The \$2,500 scholarship will be sent directly to the University to assist with tuition or other university fees.

Congratulations to Juan Lascano, a deserving student, who no doubt knows that nothing worthwhile can be gained without dedication and hard work, a teaching of Mr. Mast. The Suffolk Foundation is proud to present the very first Howard D. Mast Memorial Scholarship to Juan B. Lascano and wishes him well in all his future endeavors.