

The Suffolk Foundation is pleased to announce the 2013 recipient of the Howard D. Mast Memorial Scholarship (HMMS) is Casey Jade Wood, a Nansemond River High School senior. Her parents are Mr. and Mrs. Barry Wood, who reside in the city of Suffolk.

In making the selection, the committee reviewed the applicant's academic performance, extracurricular activities, character, and recommendations. The selection committee was especially impressed with Casey's ability to participate in numerous athletic activities, particularly varsity tennis (2010 – 2013) and volleyball (2009 – 2013), work a part-time job, and maintain exceptional academic success.

In both volleyball and tennis, Casey served as team captain, was a four-year letterman, was named the MVP, and made the All-District Team. She was able to balance her extremely challenging course of studies, participate in athletic activities, receive early admittance into the National Beta Club, and receive the Academic Excellence Awards in 2010 and 2012. It was obvious to the Scholarship Committees Casey is a firm believer in Mr. Mast's philosophy that "nothing worthwhile can be gained without dedication and hard work". The committees felt Casey demonstrated this attribute in everything she undertook. Casey will be an Honor Graduate this spring and has been accepted and plans to attend Radford University next year. The \$2,500 scholarship award will be sent directly to Radford University.

Congratulations to Casey J. Wood, who stated in her essay that she thought Mr. Mast would be proud of her achievements and involvement in the community. Indeed, that fact was echoed by both The Suffolk Foundation and the Howard D. Mast Scholarship Committees.