January 2026

GOW AT A GLANCE

A Monthly News Snapshot from The Gow School

Winter at Gow: Traditions Through the Years

Ski Racing: Roger Adams '71



Tom Moore '72, Rick Thompson '72, and Mike Conklin '73



Ice Skating: Win Jones '70, Roger Dillman '71, Mr. De Nic, Jim Ives '74 and Jim Dwight '74





Amelia '25, Sira '26, and Anna '26



80's Ski Racing with Trophy



David Stewarts '70, Hank White, and Jim Venables '73



'00s Snowshoeing

INSIDE THIS ISSUE

- Alumni Spotlights
- Executive Function at Gow: Skills That Last a Lifetime
- Recognizing Gow's dedicated Faculty and Staff
- Alumni News





Alumni Spotlight
Kengar Dongatron '15

From reinventing himself as a student to building a career in web development and live streaming, Kengar Dongatron's journey is defined by curiosity, adaptability, and bold choices. Along the way, Gow provided the experiences, mentorship, and opportunities that helped him discover his voice, expand his worldview, and turn those ambitions into a meaningful and evolving career.

SAVE THE DATE

Please join us for these upcoming events!

February 14 - 22	February Break
March 21 - April 6	Spring Break
May 21	Honors and Athletic Awards
	Senior Dinner at The Columns
May 22	Commencement

Connect with Gow!

Executive Function at Gow: Skills That Last a Lifetime



For years, Gow has been a leader in equipping students with skills that extend far beyond the classroom, skills that support academic success and prepare them for life during and after their time at Gow. A cornerstone of this work is Executive Function (EF), a set of mental skills managed by the brain's frontal lobe that help students plan, focus, stay organized, manage emotions, and adapt to new situations. The three core EF skills, working memory, cognitive flexibility, and inhibitory control (self-control), are essential for achieving long-term success.

These skills are truly life-changing for our students. By strengthening Executive Function, we empower learners to become more organized, confident, and independent, qualities that set them up for long-term success. To support this growth, Gow has embedded EF instruction into daily student life. All students use planners and the Universal Binder system, which serve as practical tools for teaching and reinforcing EF strategies. These skills are supported in classrooms, reinforced by teachers and advisors, and strengthened through regular discussions and practical application.

Executive Function coaching is woven throughout the week. Students receive weekly EF tips, revisit them during advisor meetings, and begin each Monday by organizing backpacks, binders, and planners to ensure they are prepared for the week ahead. As students progress, this support becomes increasingly intentional. During their senior year, students participate in intensive Executive Function training designed to prepare them for college, where they will be expected to manage academic and personal responsibilities independently, without the built-in supports of Gow. Through this thoughtful and consistent approach, Gow continues to lead the way in helping students develop the skills they need to thrive—now and well beyond graduation.

Recognizing Gow's Dedicated Faculty and Staff for their Service

We are proud to recognize and celebrate members of our faculty and staff who have reached significant service milestones at The Gow School. Their dedication, commitment, and passion continue to shape the Gow experience and make a lasting impact on our students.

We congratulate Val Butler and Lelaina Sullivan on 5 years of service; Donald Gowanlock, Julie Wysocki, and Chef Liz Meyers on 10 years; John Chafin and Joe Gullo on 20 years; Luke Salerno and Neil Howe on 25 years; and Heidi Baust on an incredible 30 years at Gow.

Each honoree received a commemorative Gow gift—ranging from Gow rocking chairs to personalized watches—as a small token of our deep appreciation. We are grateful for each of these individuals and the vital role they play in making Gow such a special place and in fulfilling our mission for our students every day.












Keeping in touch with Gow has never been easier!

youtube.com/@thegowschool

instagram.com/thegowschool

facebook.com/GowSchool

Alumni Spotlight

Kengar Dongatron ’15

“Don’t be afraid to take chances, don’t hold yourself back, and reach for what you really want. You may be surprised by what you find!”

When Kengar Dongatron, who changed his name after Gow to better align with his career endeavors, arrived at The Gow School as an 8th grader, he was already in the midst of change. Having transferred from Eagle Hill School, with a recommendation by Dr. Mark Griffin of Eagle Hill and Brad Rogers to his mother, Kengar was stepping into a new environment with an open mind and, as it turns out, an open future.

One of his earliest memories of Gow is both simple and powerful: getting on a plane with his mom and landing somewhere entirely new. That moment became an early symbol of what Gow would offer Kengar: growth, perspective, and the opportunity to see beyond what he had known before.

What stands out most to Kengar when he reflects on his time at Gow are the weekend activities and trips that expanded his worldview. From Buffalo excursions to international break trips, including a transformative journey to Honduras, Gow showed him that the world was far bigger than the tri-state area. These experiences sparked a curiosity about seeing, experiencing, and engaging with the world beyond familiar boundaries.

Equally impactful were the faculty members who helped shape who Kengar is today. He speaks often of Dan Kelley, who taught him to stand tall, to be comfortable with who he was, and to share that person confidently with others. Another formative influence was Dr. Kirk Rhodes, who gave Kengar a voice - quite literally - by helping him become the varsity basketball announcer for the Ravens. Through that opportunity, Kengar discovered a passion for commentary and communication, a skill that would later play an unexpected role in his future.

A member of the Class of 2015, Kengar went on to attend the Rochester Institute of Technology. After a rocky first semester pursuing communications with a focus on video game design, he regrouped with his advisor and found his path in Human-Centered Computing, a then-new program focused on making technology more accessible. An internship led to two temporary web development jobs with a startup company in New York City and an insurance company in Pennsylvania, launching his professional career.

During the stress and uncertainty of COVID, Kengar once again leaned on skills rooted at Gow. Drawing from his basketball announcing days, he began streaming on Twitch under the handle “Kengar_M_Dongatron,” combining video games with live commentary. Today, he continues to stream while working as a web developer in Rochester, NY, earning recognition in the local gaming community with awards such as Most Improved Fighter, Best Streamer in Rochester, and Funniest Stream Clip.

Kengar credits Gow as a driving force behind his journey. “Gow is tough,” he says, “but it’s the one place that allows you to take the driver’s wheel and shows you the path to reach your goals, and beyond.” At Gow, he learned who he truly was, dropped the façade, and developed independence, perseverance, and grit.

His advice to current students is simple but powerful: don’t be afraid to take chances, don’t hold yourself back, and reach for what you really want. You may be surprised by what you find!



Kengar with his favorite anime voice actress, Faye Mata



Kengar’s Twitch avatar, Kengar_M_Dongatron



Kengar receiving his gaming awards, Most Improved Fighter, Best Streamer in Rochester, and Funniest Clip.

Gow on the Road:

Please join us



ONCE A GOVIAN, ALWAYS A GOVIAN

(FLORIDA EDITION)

Same Gow spirit, warmer weather (and no snow)! Join Head of School John Munro and Director of Development Kim Ruppel for a get-together hosted by Chris & Karen Kopp (Michael '22) at their home. Hear more about Centennial celebration plans and reconnect with Gow alumni and friends over good food and even better company.

TUESDAY, FEBRUARY 24 5:00 – 7:00PM

14570 Dory Lane, Fort Myers, FL 33908-4944

RSVP by February 17 to development@gow.org

THE ROAD TO 100

CALLING ALL ARTISTS!

BE PART OF GOW'S CENTENNIAL CELEBRATION

Centennial Art Showcase

We invite all artists in the Gow community to share their work in the Centennial Art Show on October 3 during the Centennial Celebration. Whether your medium is painting, photography, architecture, writing, poetry, performance, or beyond, your voice and vision belong in this celebration. Submit an interest form below to join the art show.



Art Submission Form

Alumni News



1. Jeff Spoon '65 lives in Michigan and is excitedly anticipating his 80th birthday when he plans to tackle the 100-mile Yorkshire Dale Ride in the UK.



2. Matt Thompson '83 is looking forward to his son is getting married in November in Austin, TX.



3. Rick Thompson '71 and his son, Rick Thompson '05. Rick '71 is a retired airplane captain who is enjoying his retirement with 500-mile bike rides through Spain, treks in his RV across the US, and skiing everyday this winter. Rick '05 followed in his father's footsteps and is a captain at American Airlines.



4. Jenna Rosser '18 received her Master of Architecture in May 2025.



5. Grace Nolan '25 is attending Boston College and is a dancer in the Boston Pom team, she received Dean's List this past semester.

Submit your alumni news, updates, and photos to development@gow.org

Farewell to our fellow Govians



John Patrick McCormick 1959-2025

Mr. McCormick taught Latin at Gow from 1982-1993. Mr. McCormick passed away December 25, 2025 in Massachusetts.

Thomas Walker Moore '72

Mr. Moore '72 passed away on January 10 in Homosassa, FL. He leaves behind his wife, Felice, and brother, David B. Moore '74.