



FIVE PETAL FRIDAY PRESENTS ... FOCUS ON ... LYNZIE CAPE!

We think you need to meet our latest addition to the Virginia Synod Youth and Young Adult Ministry, staff assistant Lynzie Cape. She is a Roanoke College student from Hickory, N.C., who works in the Western Office of the Bishop for the Virginia Synod, located in Bittle Hall on the Roanoke College campus. The rest of the staff there has already realized that we can't really get anything done without her (including editing 5PF!), and you all will learn the same thing when you meet her

at this year's Virginia Synod Youth Events! We caught up with Lynzie while she was in-between doing a variety of impossible things in the Synod Office.

5PF: Welcome Lynzie – what is your name?

LC: My name is Lynzie Madison Cape.

5PF: What is your quest?

*LC: I have *several* quests – which one do you want?*

5PF: Either the biggest or the smallest

LC: My life-long quest is to make mental health care accessible and affordable for people who need it. I want to start my own mental health clinics to provide a diverse set of resources for different needs!

5PF: AMAZING! What is your favorite color?

LC: My favorite color is green. (It used to be yellow).

5PF: Ah okay. So it went in, like, reverse of ripening.

LC: Whuh....?

5PF: Never mind – we didn't think that through before asking.

LC: My favorite rock is an emerald. Does that help it make sense?

5PF: *Anything* would make more sense than our previous statement. Back on your name: how did you get the name Lynzie spelled like that?

LC: My mom was literally in the hospital writing out all the varieties of "Lynzie" to see which one had the most loops in cursive.

5PF: True story?

LC: True story!

5PF: Finish this sentence: "When I was in high school, people thought I ..."

LC: ... was a ghost. My teachers loved me but I didn't really talk to anybody except the people in my dual-enrollment class at the college.

5PF: If your life were made into a movie, who would you want to play you?

LC: The only one I can think of is Florence Pugh – I love her acting and she would do a good job.

5PF: Do you have any questions for the 5PF readership?

LC: If you have any ideas for the Random Debate in each issue of 5PF, we'd love to hear your thoughts!

5PF: And finally, how can the youth of the Virginia Synod get in touch with you for that or any other questions about Virginia Synod youth ministry?

LC: I can be reached at shebelievedshedid05@gmail.com. Or you can DM me through the Virginia Synod Instagram Page or my personal account

5PF: Thanks, Lynzie!