



BENJAMIN DONOGHUE '02

Bullis Continues to Guide Long After Graduation

Of all the lessons Ben Donoghue '02 learned during his nine years at Bullis, self-discipline and commitment are the two that continue to serve him best. "I'm so proud to have attended Bullis and have had these traits instilled from a young age," Ben says. "Whether on the lacrosse or football fields or in the classroom, and now as a police officer, I continue to apply these precepts with everything I do."

Following graduation, Ben found continued success as a student-athlete on the men's lacrosse team at Brown University, from which he graduated in 2006. He entered law school at the University of Maryland in 2010, and during those three years of law school, he began strength training with a former Navy SEAL in Baltimore, who became a mentor and helped Ben to

realize his dream of working in public service as a police officer. "I realized that I thrive as part of a team and under high expectations," he said. "I enjoyed the intellectual part of law, but I did not want to work as a lawyer." After graduating law school in May 2013, Ben passed the Bar exam and began exploring options to join the police force. He endured nearly one year of physical training at the Police Academy and then joined the Anne Arundel County, Maryland police department.

While Ben routinely rides alone during shifts, he describes the profession as having "very much a team feeling. You depend on each other to make it through each day as a unit." The self-discipline that began at Bullis now helps Ben to be a proactive,

At left, Ben celebrates the lacrosse team's 2016 IAC championship with Michael Chiamonte '17, Paul Davis '04 and his daughter Molly and Ben's brother, Nick Donoghue '05; Ben's senior portrait from the 2002 edition of *Roll Call*; From left, Ben was joined by his brother Nick '05, former Athletic Director Mike DelGrande, his mother, former art teacher Deb Donoghue and Bullis teacher and boys varsity lacrosse coach Jeff Bellistri at Anne Arundel County's Chamber of Commerce Annual Community Safety Awards ceremony.

motivated police officer who is willing to take on tough calls. This very quality brought Ben an incredible achievement: in September when he was recognized as Anne Arundel County's Northern District Police Officer of the Year at the County's Chamber of Commerce Annual Community Safety Awards ceremony.

Receiving this honor so early in his career was humbling for Ben. "Sharing it with my family, including my mother, [former Bullis art teacher] Deb Donoghue, my brother, Nick '05 and Bullis coaches Mike DelGrande and Jeff Bellistri, was even more gratifying," Ben says. "Coach DelGrande did so much for me, teaching me about discipline and commitment to a team through adversity. He always had high expectations

and I wanted him to know that what I do now really reflects the principles he taught me. Additionally, Coach Bellistri has been a great friend to my family and a great mentor; always giving advice and listening. Having them celebrate a pivotal time in my professional career was special," he explains.

Bullis has remained an integral part of Ben's life. Most recently, Ben has served as an assistant coach for the varsity boys lacrosse team. Reflecting on his Bullis experience, he says, "I have always been proud of the School's roots in service and I'm confident that Bullis' influence has guided me to a career where I can serve the public and give back. For that, I am truly grateful."