



## Rachel Hereford Ross

July 23, 1954 - March 21, 2020

Rachel Hereford Ross, age 65, passed away early Saturday morning on March 21st, 2020 after waging a strong fight against peritoneal mesothelioma. She was born July 23, 1954 in Gurley, Alabama where she grew up very much the country girl on a cattle farm raising and showing steer, working in the fields with her siblings, and riding her horse Miss July. She attended Auburn University and the University of Alabama at Birmingham Medical School where she graduated top of her class in 1981. She completed her residency in Winston-Salem, NC at Bowman Gray/Wake Forest Medical Center and went on to practice in Salisbury, NC as a pathologist for 34 years. She was currently medical director and chief of the Rowan Regional Pathology Associates as well as a current member of the Community Care Clinic of Rowan County board and Curi Capital's executive board.

If anyone tried to sum up Rachel in a phrase, then it would be that she was a modern-day renaissance woman, that she was a superwoman, that she did it all. She was an avid gardener, an incredible cook, a beekeeper, a rose grower, an active community member, a wise business leader and physician, an incredibly hard worker, and a dedicated mother, friend, sister, and wife. She loved all things in life, simple and grand. She relished a great meal, a starry sky, a good book and her book club, a play, lunch with her colleagues, the perfect shade of red lipstick and pop of color. She lived for a beautiful garden, an adventurous trip, a long and meandering conversation with her

daughter, a night out with girlfriends, a great band, and a whole night of dancing. She made sure she saw the world visiting everywhere from Kenya to the Galapagos Islands to Peru to the Czech Republic. She went to work each day with purpose and loved every minute of it even through her four-year fight with cancer. And even on her most exhausted of days, she always found time to speak to her daughter. She will continue to be seen and felt in every sunrise, fragrant flower, blooming tree, warm breeze, gentle rain and quiet night. She has not truly left us as she will live on in the hearts and memories of all who knew and loved her.

Rachel is survived by her adoring daughter Kelly Ross, son-in-law Steve Stromp and first grandchild on the way, Luca Hereford Stromp, husband Winston, sisters Elizabeth Hereford and Mary Kay McArdle, brothers Tom Doug Hereford and Lee Hereford and their wives Sarah Hereford and Alison Hereford along with loved nieces and nephews as well as an incredible group of close friends including Carrie Poole who was chatting with her till the end.

An end of life celebration will be held at a later date once all her loved ones are able to gather.

Summersett Funeral Home is serving the Ross family. Online condolences may be made at [www.summersettfuneralhome.com](http://www.summersettfuneralhome.com).

# Tribute Wall

JR

“ I just realized Rachael had passed. I met her in high school when I transferred to Scottsboro High School, where she, her sister and I had all our math and science courses together. She was friendly to me, as was her sister, and so being so new there then, that meant a lot. I knew both she and her sister were gifted. She probably had everything going well for her then, but she still had time to welcome a new student and make him feel welcomed.

*John Robertson*

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**John Robertson** - September 15, 2021 at 11:22 AM

JE

“ I just received an email of Rachel's passing. I worked with Rachel as a resident at Baptist Hospital/ Wake Forest University back in the mid 1980s. Rachel was a wonderful person who taught me so much as a junior resident. She was always very willing to share her experience with me and taught me so much. I remember her patience and kindness most of all. I remember her sweet southern Alabama drawl which always made me smile. My sincerest condolences to Winston, her daughter and all the rest of her family. May you find comfort and solace in warm memories of her.

*Respectfully,*

*Jim Everette*

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**Jim Everette** - May 26, 2020 at 08:31 AM

CD

“ Rachel was a great friend in medical school, she is unforgettable. Smart, beautiful, kind and such great fun. My deepest sympathy to Winston and her family.

Carol Dell, UACOM '81

Carol M Dell - May 08, 2020 at 11:26 AM

SA

“ A lovely tribute to a beautiful soul. I remember her fondly from medical school. Prayers for Rachel and the whole family.

Steven Alsip, UASOM 81

steven alsip - April 03, 2020 at 02:38 PM

SH

“ I have many fond memories of her in high school as we dated some then. She was super intelligent and ever so friendly. You will truly be missed.

Stanley Hollingsworth - March 28, 2020 at 12:33 PM

CC

“ Rachel was always so nice and had a smile on her face. I enjoyed waiting on her in the bank. She will truly be missed.

Blessings,  
CindyCompton



cindy compton - March 26, 2020 at 07:39 PM

DI

“ My deepest sympathies for the Ross family. I had the privilege of working with Dr. Ross for many years. I admired her tenacity & grace. Her passion for work, life, & family was contagious. Even after moving on from lab to nursing I came back many times to visit & Dr. Ross always made time to sit and talk with me. I respected & cared for her deeply. She will be missed by so many. Darlene Ingram

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**Darlene Ingram** - March 25, 2020 at 03:19 PM



“ Small Garden Dish was purchased for the family of Rachel Hereford Ross.



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March 25, 2020 at 02:40 PM

CR

“ I want to thank Rachel, Winston, and Kelly for being my second family growing up. I learned so much from all of you that I appreciate now that I'm older. Rachel showed me how to get the most out of life and to not take it too seriously. She was hard working, disciplined, and always seems to enjoy life to the fullest. I'm sad to see that she's gone but happy that she made a great impact on me. I know it's been a while and we lost touch. Please don't hesitate to contact me if you need an old friend.  
-Catherine Goodnight Robertson

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**Catherine Goodnight Robertson** - March 25, 2020 at 12:08 AM

ED

“ I had the privilege of working with Dr. Ross for many years. She was a mentor and friend to me. We shared a love for The Rolling Stones. She always respected my opinion and was graceful at correcting and guiding me when I needed it. She made a lasting impression upon my career and life. I loved her then and will always cherish the memories of our laughs, the serious conversations, and the good times we shared. She made coming to work fun.  
Affectionately, Ed Dunlow

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**Ed Dunlow** - March 24, 2020 at 10:54 PM

JR

“ Prayers and love lifted up to you all during this time. What a beautiful person, friend and colleague. Your mother was the epitome of grace and elegance and a true warrior. She will be greatly missed by her RMC family.



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**Jessica Ramey** - March 24, 2020 at 10:04 PM

SB

“ Kelly, your mother is a treasure to me! I am a Medical Technologist that has served with your mom for 26 years. She has taught me, scolded me, loved me, believed in me, push me to be better than I thought I could be, led me and encourage me through all those years. The Obituary was so beautifully written. The love that she had for you always came up in conversation (I have two daughters). She will live on through you and your son!  
Stacy Beaver



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**Stacy Beaver** - March 24, 2020 at 01:39 PM

SP

*I first encountered Dr. Ross when I was a freshman in medical school. She was kind, brilliant and patient. She stood up for me when I needed support. She was a true friend. Our community has lost a wonderful physician and leader. I'm praying for Winston, Kelly and the rest of Rachel's family.*

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**Steve Proctor** - March 25, 2020 at 06:29 PM