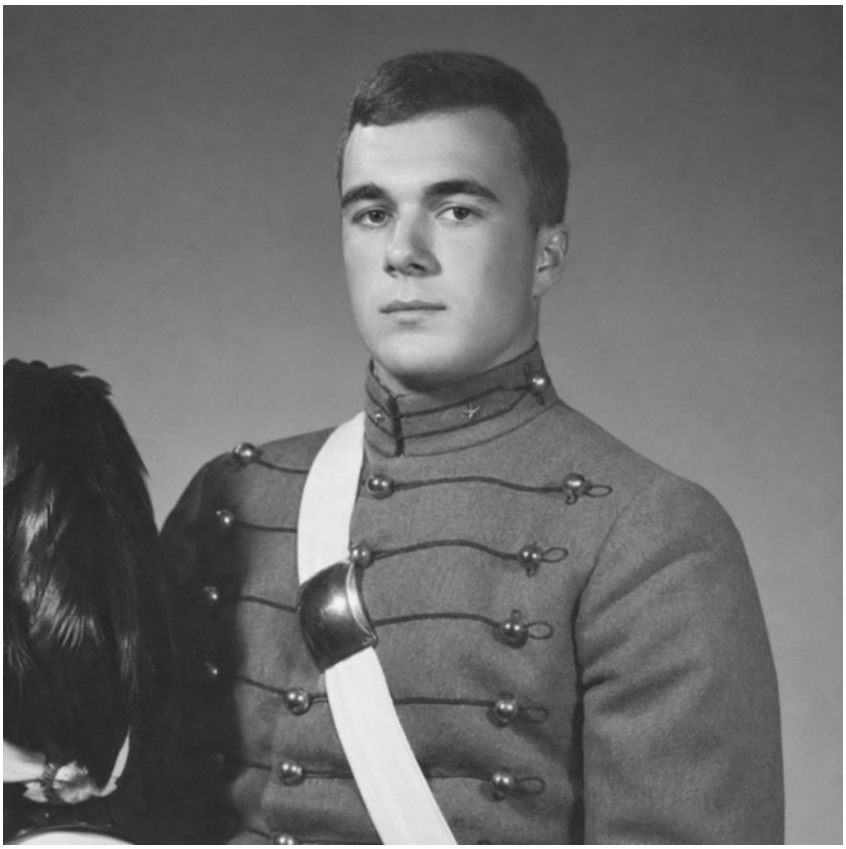
JOHN P. HENDERSON III ‘69



John (Johnny) P. Henderson ’69 was born and raised in Sneed’s Ferry, NC. He attended AMA for four years (1965-69), having both a distinguished cadet tenure and athletic successes. On the Cadet “side”, John excelled and was a key leader in the Corps of Cadets. To highlight, John was:

- 1st Sergeant, Charlie Company: 1966-67
- Captain, Corps of Cadets Adjutant: 1967-68
- Captain, Corps of Cadets: Executive Officer : 1968-69
- Roller Rifles: 1966-69 (three years)
- Commander, Roller Rifles: 1968-69
- *The Bayonet: Senior Editor: 1969*

On the athletic fields and court, John’s athleticism shown in several sports:

- Junior Varsity Football: Played 1967-68 (one year)
- Varsity Football:
  - Played 1968-69 (one year): Lettered, playing both offense and defense
  - Team Tri-Captain: 1968-69

- Varsity Basketball:
  - Played 1967-69 (two years): Lettered both years
  - Led team in rebounds: 1967-68 & 1968-69
- Junior Varsity Lacrosse: Played 1966-67 (one year)
- Varsity Lacrosse:
  - Played 1967-69 (two years): Lettered two years
  - Defensive Captain: Played crease defense, anchoring the defense
- Voted Co-Best Athlete from Class of 1969: Selected with HOF Bruce Reyngoudt

Johnny attended East Carolina University, where he played football for a couple of years, before injuries sidelined him. He graduated with a business degree, and then relocated to Fredericksburg, VA to begin working in the commercial and personal insurance “arena”. While living in Fredericksburg, VA, John picked up a lacrosse stick again and played four years of club lacrosse!

Johnny spent his entire life in the insurance business, culminating with him starting his own business: S.F.I. / Henderson Insurance. His business grew, covering the South East Coast, from North Carolina to Florida. During that time, he also served on the Boards of Directors of several different organizations.

John Henderson “hung-up” his business “spurs” after 50 years, selling his business and retiring in 2024. He and his wife Wilma currently live in Wilmington, NC.