

Keene State Today

THE MAGAZINE FOR ALUMNI AND FRIENDS

WELLNESS

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THE WELLNESS ISSUE

It's not just about physical fitness and eating right, though those are key pieces. This issue of Keene State Today looks at a whole spectrum of elements that factor in to personal well-being – and then takes a broader look at the role wellness plays in society. You'll meet a 1959 grad who runs marathons, a nontraditional student who interns at the Cheshire County jail, two active centenarians, and more.

Healthy Choices 2

A column from President Anne E. Huot

FEATURES

Fitness 3

Food 6

Mind 8

Spirit 9

Relationship 11

Workplace 12

Community 13

“Well” Life 17

KSC Giving 22

Faculty & Staff Accomplishments 22

CLASS NOTES 23

On the Cover:

Wellness. Photo by William Wrobel '11

Inside cover:

Chris Jackson '00, whose Pedals 4 People program is featured on page 13, adjusts a wheel. Photo by William Wrobel '11

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Contents



**Healthy Bodies,
Healthy Minds,
Healthy Relationships,
Healthy Choices**

Dr. Anne E. Huot,
President, Keene State College

I have a couple of mantras for maintaining well-being in my life. The first is to stay active – not always an easy task when you have a relatively sedentary job. But I manage to get in the recommended 10,000 steps a day with the help of my treadmill desk, so I'm able to "walk" through tasks like reading and responding to email at one-and-a-half miles an hour. It actually works quite well, as long as I don't get distracted and forget that I'm on it. Luckily, the treadmill has a safety switch so it won't send me flying across the room.



My second mantra: keep work and life in balance. Pay attention to personal needs and to relationship needs. Joanne and I both love to cook, and we're big fans of the Mediterranean diet. On weekends, we'll often pick out one of the more

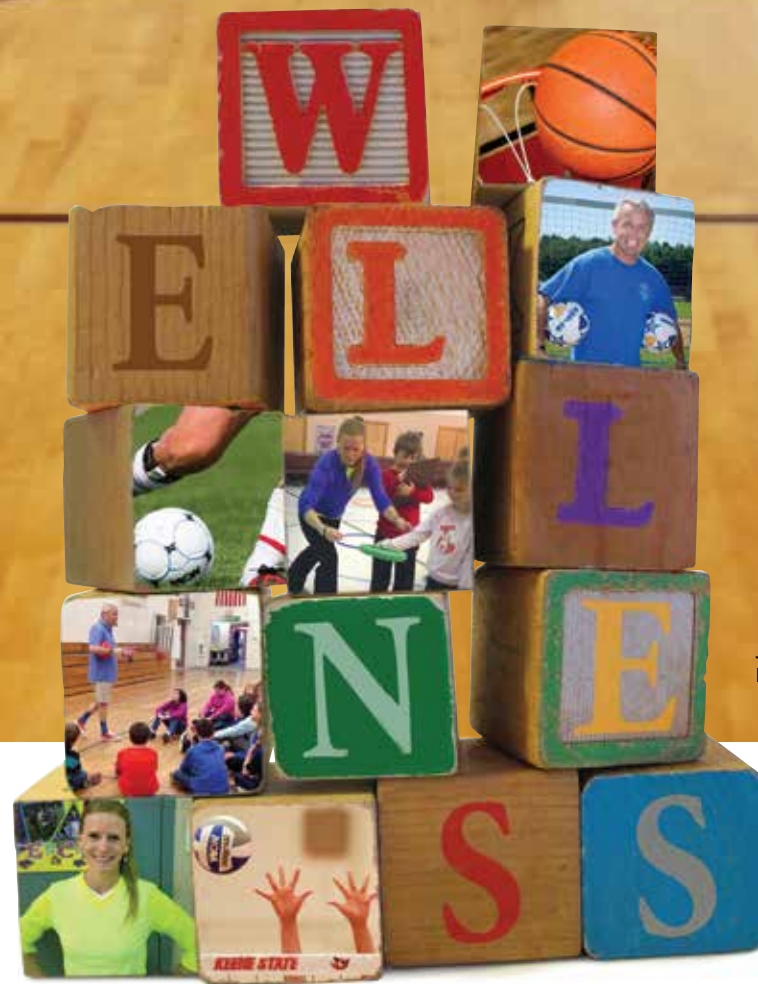
complicated recipes and give it a try. The scientist in me appreciates the experiment of cooking, and also prompts me to be conscious of what I'm cooking and what I'm eating. Guests in our home are typically being served a new recipe that we are trying out for the first time.

Wellness plays a role for individuals, families, workplaces, organizations, neighborhoods, and communities – and, of course, institutions of higher education. At Keene State, our students take advantage of recreational sports and fitness classes, healthful meal options at the Zorn Dining Commons, and a host of other services designed to help them get healthy and stay healthy. Many are taking courses in fields like nursing, health science, physical training, and psychology and will go on to help others stay healthy as well – as countless Keene State alumni have done.

Healthy bodies, healthy minds, healthy relationships, healthy choices: these are crucial to being successful in college and in life. At Keene State College we focus on the education of the whole student. That's a message we stress over and over with our students, and we work hard to provide them with all the services and the skills they'll need to make those choices.

Be happy, and be well.

PHYS ED:
the
**BUILDING
BLOCKS**
of
WELLNESS



Johanna Kress '99, bottom left, teaches physical education at Fuller Elementary School in Keene; Tod Silegy '76, top right, is a middle-school phys ed teacher at South Meadow School in Peterborough, NH.

Remember gym class? These days it's a whole new ballgame. Today's kids are taught to take the long view of lifetime fitness. Physical education teachers have adapted their curriculum to include a wellness component that promotes students taking an active role in the process and becoming aware of and making choices toward a healthy and fulfilling life.

"When I was growing up, you never drank water and you never stretched. We'd kick the ball around twice and go sit on the bench before the game. It was a whole different mentality," says Tod Silegy '76, a former Owl soccer player and Franklin Pierce University coach who's now a physical education instructor at South Meadow School in his hometown of Peterborough, New Hampshire. "What was valuable then was different than what is valuable now. Now there is more teaching going on."

A former field hockey player at Keene State and a physical education teacher at the Fuller Elementary School in Keene for the past seven years, Johanna Kress '99 says the learning starts at a young age. "I think it's important for kids in elementary school to enjoy being active and being exposed to different types of activities and sports that are going to stay with them for the rest of their lives," says Kress, who was named the 2014 New Hampshire Elementary School Physical Education Teacher of the Year by the New Hampshire Association for Health, Physical Education, Recreation, and Dance (NHAHPERD). "Their eyes are wide open at this age and they're ready to learn."

"This is when it starts," adds Michelle Tiani '03, now in her ninth year teaching PE at the Wheelock School in Keene – and the 2012 winner of the NHAHPERD award. "You just have to make everything fun so when they go to the next level at middle school they've already had a positive experience. We're the building block of wellness."

Complying with several state and district mandated requirements, physical education teachers like Kress, Tiani, and Silegy incorporate wellness into their classes in a variety of ways. "I explain to the kids the difference between 'woe' foods and 'go' foods, and I set up games where they actually can see the foods and have to sort them," Kress says. "Even at a young age, I try to instill the importance of exercise and wellness."

Tiani gets the point across with the help of superheroes. "We pretend we are superheroes – and one of the things that superheroes do is eat healthy," she says. "We talk about what a healthy snack would be. Superheroes have energy to go to school and save the world at the same time."

"Their eyes are wide open at this age and they're ready to learn."

Silegy, who feels physical education is a category of wellness, emphasizes movement in his classes and introduces students to a variety of nontraditional sports, from skateboarding and rock wall climbing to contra dancing. "It's all about getting them going and moving, and we use different apparatuses and modes to achieve that goal," says Silegy, who is also a NHAHPERD Teacher of the Year. "My idea of physical education – and it does relate to wellness – is to build self-confidence. I want to make sure that every one of my students feels important and successful. Maybe getting on that skateboard or climbing that rock wall that one day for that one five-minute period might be their only success that whole week."

Fitness and wellness aren't confined to the classroom. All three teachers encourage and support the idea by offering afterschool activities and clubs and getting families involved. A few years ago, Kress and her husband, Erik Kress '95, a former Owl runner who was recently appointed principal at the Franklin Elementary School in Keene, started the Elm City Track Club. Training kids for Junior Olympics meets, the pair also organizes fun runs during the summer. "We wanted to embrace the community and make a difference," says Kress. "It's important to get parents and families involved with the activities. When I look out on the track and see kids with their moms and dads running with them, it melts my heart. This is what we need: families coming together to know how important being physically active is to their health and to their overall wellness."

– Stuart Kaufman

On the Road, Again and Again

In 2014, Larry Cole '59 was named Massachusetts Male 80+ Runner of the Year by *New England Runner* magazine. The honor was granted after he won the USA Track & Field National 10K Championship for his age group, "by virtue of being the only male age 80 to 84 in the James Joyce Ramble in Dedham, Massachusetts, on April 27," he notes.

"It's not my fault if nobody else shows up," jokes the 81-year-old Cole – who shows up not just for marathons and shorter road races but for a five-days-a-week training regimen, in addition to playing in a weekly over-50 hockey scrimmage.

Cole has been playing hockey since he was a kid – he was on Keene State's club team during his time at the College – and recreational running has long been a way for him to keep in shape for the ice. He started running competitively 10 years ago when he signed on with an American Stroke Association fundraiser that provided a coach for a group of runners who went on to complete a marathon. Since then, Cole has run six marathons (including Boston's and Keene's Clarence DeMar), plus numerous half-marathons and shorter races. Most weekends, including through the winter months, you'll find him competing in a road race.

Cole, a secondary education major at Keene State, is a combat infantry veteran of the Korean War who later retired from the Army Reserves. He earned a PhD in economics from Purdue University, then moved from an academic career into business. Now retired from GTE Labs, he lives in Harwich, Massachusetts, on Cape Cod.

He's lucky, he says. He's had no major illnesses or injuries, but he's also stayed in shape throughout his life, and recommends exercise for everyone. It's not necessary to run, he adds; a brisk walk can provide the same benefits, as can bicycling or swimming or playing a team sport – and it's never too late to start.

His advice for doing so? "Get active! Get up off the couch and just go out for a walk."

Larry Cole speeds past the finish line in the Paddy's Shillelagh Shuffle, a three-mile race held October 19, 2014, in West Newton, Massachusetts. Photo by MickFoto/NERunner



RELAX, ALREADY!

STRESS IS AN EPIDEMIC IN OUR SOCIETY, says Jeanelle Boyer. "Stress is so pervasive and there are so many connections between it and our physical health and emotional health," she notes. "There's research and studies that show that if we are in a state of stress we actually don't remember things as well and don't learn as effectively."

Boyer, an assistant professor of health science, found a way to deal with her own stress while working on master's and doctoral degrees at Cornell University. "I didn't have a highly stressful life, but I created so much stress in my mind. Yoga gave me the place to be able to step back, notice my thought patterns, and to welcome it instead of trying to push it away."

Now she teaches yoga off-campus in addition to incorporating it into some of her classes. This spring, she led students in a Stress Management course through regular yoga poses, chanting, and meditation. She received enthusiastic responses to the class, she says: "One student told me, 'I don't know if I'm speaking for everyone, but I think a lot of us felt a little funny and silly at first. Now everyone looks forward to it – we can't wait to go to class so we can do something relaxing.'"

Boyer, who describes her yoga classes as a little eclectic, has developed a fondness for many techniques, including bhakti,

or devotional, yoga and yoga nidra – the yoga of sleep. Yoga nidra takes Savasana, the resting pose that typically concludes yoga classes, to another level. Lying flat on their backs with eyes closed, practitioners attempt to reach a sleep-like state of relaxation while still maintaining full consciousness. Taught throughout the country, yoga nidra is being used to help people deal with everything from chronic disease and cancer to post-traumatic stress.

Utilizing the teaching of instructor Richard Miller of the Kripalu Center for Yoga and Health in western Massachusetts, Boyer guides her yoga nidra students through a series of awareness states, eventually allowing them to step back and ask, "Who am I?"

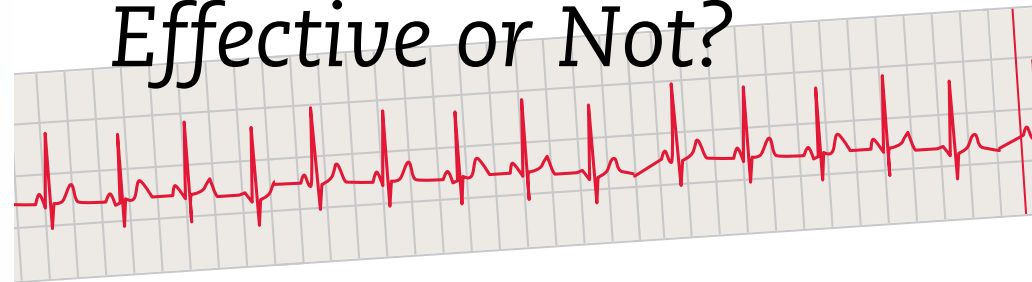
"I think it's wonderful for anyone who's dealing with any emotional trauma," she says. "You can step back and become aware of your emotions and notice how things like fear and anxiety will become present in your body, but they don't stay – it always passes. It's a neat way of stepping back and noticing how emotions come and go."

"Yoga has helped me so much," says Boyer, who bases her teaching on her own experiences. "Knowing that I could reach more people and really help them is very rewarding for me. I absolutely love it."

Jeanelle Boyer. Courtesy photo

– Stuart Kaufman

FITNESS MONITORS: Effective or Not?



WHAT IF YOU HAD A PERSONAL ASSISTANT TO REMIND YOU TO GET UP AND GET ACTIVE,

to prompt you to get a good night's sleep, and to keep track of not just what you eat, but how much you eat? What if the assistant kept tabs on how many miles you walked and how many calories you burned in a day?

Turns out you can have such an assistant – in the form of a fitness monitor, an electronic gadget you strap on your wrist or clip to your belt that sends data to your personal computer or smart phone.

Fitbits, Nike Fuelbands, and Jawbones, among other fitness monitors, have been flying off the shelves. They have attracted people of all ages, genders, and fitness levels. But do they really help people lead healthier lives?



A Keene State professor (and alumna) and two of her students are hoping to find out. Melanie Adams '93, assistant professor of physical education, along with juniors Chelsea Freleng and Hannah Goulis, are undertaking a study, using the Fitbit Flex.

Freleng, a junior exercise science major, has been working on creating the study for two years. She found that little research has been conducted on the accuracy and benefits of fitness monitors, and set out to find the truth about how well they work.

Last year, Freleng measured the amount of time Keene State College students, faculty, and staff spend sitting over the course of a day. She found faculty and staff members tend to sit more than students do. Therefore, Freleng and Adams sought members of the Keene State faculty and staff to participate in the study. The interest on campus was very strong and the spots were filled within 12 hours of the study's announcement.

"The purpose of the study is to determine if wearing the Fitbit Flex changes the amount of physical activity or sitting that a person does throughout their work day," says Adams. She believes that using technology, specifically fitness monitors, allows people to improve and increase their level of physical activity throughout the day.

Freleng has been awarded a Keene State Summer Undergraduate Research Fellowship to continue the study after classes end in May. The SURF grants, funded with the support of generous alumni, outside donors, and the College,

Chelsea Freleng.



allow talented students to spend their summer doing research or creative work.

"It is very important for people who have sedentary jobs to get up and move around as much as they can, regardless if their job requires them to sit at a desk all day," she says. "Moving around and getting more physical activity has been proven to improve health."

Freleng believes using a fitness monitor is a perfect way to become motivated to get moving. "Having used the Fitbit, I think it is a great investment. It motivates you to move around more and track your movement. You can set up daily goals and are able to see each and every step you take on your Fitbit dashboard," she says.

But will it work for the study participants? Thirty volunteers will be tracking their activity for eight weeks this spring, and then Freleng will analyze the data over the summer to determine whether using the Fitbit encourages people to be more active.

The participants, all self-identified as sedentary during the work day, will have the chance to get moving – with some electronic encouragement. At the same time, they'll be helping Freleng measure the impact that a fitness monitor can have on a person's activity level. She plans to complete the analysis this summer and submit her results to journals for publication.

– Stephanie Krasco '15

Learn more about the SURF program at keene.edu/mag.



PRODUCE TO THE PEOPLE

Sarah Jacobson likes to quote Wendell Berry, the noted farmer, writer, and environmental activist, who said, “Eating is an agricultural act.”

“I believe that wholeheartedly,” adds Jacobson, who coordinates the SNAP Farmers’ Market and Seacoast Harvest programs at Seacoast Eat Local, a Newington, New Hampshire-based nonprofit that connects local consumers with local farmers. “The local foods community is a portal for people to be able to eat not only healthier but more responsibly. Understanding that it’s a very complicated system that gets food to our plate, if we eat locally, it helps our local economy. It helps our local land conservation. It helps local farmers and sustainable agriculture. It contributes to the health of our community, our selves, and our planet.”

With a bachelor’s degree from the University of New Hampshire in EcoGastronomy, Jacobson completed her Dietetic Internship, a post-baccalaureate program required of nutritionists seeking Registered Dietitian accreditation, at Keene State in August.

While a student at UNH, she was instrumental in developing Seacoast Eat Local’s SNAP (Supplemental Nutrition Assistance Program) Farmers’ Market Program, then stepped in as coordinator

– a post she returned to after completing her Dietetic Internship. The program goes much further than ensuring that food stamps can be used to purchase food at farmers’ markets in southeast New Hampshire. Jacobson is also charged with getting the word out to food stamp users about the program, which includes a matching incentive that doubles up to \$10 of their SNAP dollars.

The program, she says, “is one way of targeting food insecurity and health and nutrition and quality of foods that low-income families are getting, while also trying to expand the customer base for



Sarah Jacobson at a gleaning event, drying greens that will be donated to local food pantries.



local farms and farmers’ markets, and trying to take those federal dollars and funnel them into the local economy.”

Does it work? She cites a customer named Tony who was referred to Seacoast Eat Local by a hospital nutritionist. “He really fell in love with the farmers’ market, with getting the food, with the social aspect, and became a very dedicated customer,” Jacobson notes. “He has lost a significant amount of weight, through exercise and healthy living, but he also believes that it has a lot to do with coming to the market, being able to use his SNAP money, and being able to buy all these fruits and vegetables that he, before this experience, never consumed. He made this amazing transformation.”

👁️ Link to Seacoast Eat Local and the Keene State Dietetic Internship program at keene.edu/mag.

WHOLE-FOOD FAST FOOD

Dianna Sinni ’10 is a Registered Dietitian, wellness nutritionist, and whole food blogger. After moving from the East Coast to the Midwest, Sinni spent a year as an AmeriCorps volunteer, working at a local food bank teaching culinary nutrition classes to underserved urban communities. The experience of living at the poverty level and surviving on SNAP benefits during her 12 months of service in urban Kansas City instilled in her a passion for public health, community engagement, and the local food movement. Sinni currently works as a clinical dietitian, writes a food blog called *Chard in Charge*, and coordinates an urban community garden. She shares some recipes for quick and healthful on-the-go meals and snacks.



Don’t let your long to-do list of meetings, appointments, and classes be an excuse to forgo healthy eating. Here are a few simple, nutrient-dense recipes you can make in advance to “grab and go” during the busy week.

Overnight Banana Walnut Chia Oats

1 cup unsweetened vanilla almond milk
 1/3 cup rolled oats
 1/2 tbsp chia seeds
 1/2 banana, mashed
 2 tbsp honey or maple syrup
 2 tbsp dried currants or raisins
 Toppings: remaining 1/2 banana, thinly sliced, and 2 tbsp slivered nuts

Directions:

In a pint-size mason jar, add all ingredients except for the sliced banana and nuts. Secure jar lid and shake to mix all ingredients until well combined. Store in the fridge overnight. On your way out the door the next morning, grab the remaining half banana, slivered nuts, and a spoon. When you get to work, enjoy your overnight oats with toppings.

10-Minute Stovetop Granola

1 1/4 cup old-fashioned rolled oats
 1.5 tbsp chia seeds
 1/3 cup sliced almonds
 2 tbsp sunflower seeds
 1/4 cup dried cranberries or cherries
 3/4 tsp cinnamon
 1/4 tsp ground ginger
 1/2 tsp salt
 3 tbsp pure maple syrup
 1 tbsp coconut oil (or non-GMO vegetable oil)

Directions:

In a medium bowl, mix together all ingredients except for the



coconut oil. Make sure the spices are evenly dispersed throughout. Heat a medium-sized skillet over medium heat until warmed through. Add the coconut oil to the pan, melting if needed, and then add in the oat mixture. Cook for 10 minutes or until the granola is fragrant and toasted, stirring frequently to prevent burning. Transfer granola to a parchment-lined baking sheet to cool and store in an airtight container up to five days. Portion into individual snack bags to take with you with yogurt or fresh fruit.

Simple Massaged Kale Salad

Massaging kale is a simple technique to improve the palatability of the green and enhance the bioavailability of its nutrients.

1 bunch of kale, stems removed, leaves roughly chopped
 Pinch of coarse sea salt
 Juice of 1/2 lemon (3 tbsp)
 2 tbsp olive oil
 1/3 cup nutritional yeast (for a dairy-free “cheesy” flavor)

Directions:

Place prepared kale in a large bowl. Add lemon juice and coarse sea salt to the kale and massage with both hands for 1 minute. The kale will begin to brighten in color, release liquid, and wilt slightly. If desired, continue massaging kale until kale is soft to your liking. Top massaged kale with olive oil and nutritional yeast, tossing to coat well (nutritional yeast will add a delicious cheesy flavor). Store in an airtight container in the fridge up to 5 days. Serve with your favorite protein, whole grain, and veggies for a satisfying and nutrient-dense meal.



– Dianna Sinni ’10

👁️ Read Sinni’s tips for staying active with a desk job and link to her whole food and nutrition blog at keene.edu/mag.



Photo by Heather O'Brien '17

Emma Laramie '13 leading a spinning class at Keene State.

“I LIKE THE STUDY OF THE BRAIN,”

says Emma Laramie '13. She's also interested in the body. Laramie has followed both paths in her life and in her career. After majoring in psychology and simultaneously becoming certified to teach group fitness classes at Keene State, she now works for Monadnock Family Services, a community-based mental health services agency, and sidelines as a fitness instructor.

As a student, Laramie interned at The Samaritans, a crisis hotline, which cemented her desire to work in the mental health field. After doing extensive research, she discovered her two greatest passions, fitness and counseling, go hand-in-hand. “You can't really have one without the other,” says Laramie. “You can't treat your mind without treating your body, or vice versa.”

Her passion for fitness blossomed when she first decided to participate in a group cycling class at Keene State her first year. She developed close friends within the group classes, becoming a regular participant and then an instructor at the Bodyworks fitness center in Spaulding

Gymnasium. “Group classes were the kick-start to where I am right now,” she says. “If I hadn't started working there, I don't think I'd be where I am today.”

She continues to lead fitness classes at Bodyworks and also at the Keene Family YMCA, where her classes have included those for people with neurological conditions like Parkinson's disease and cerebral palsy.

At Monadnock Family Services, Laramie is a health mentor and personal trainer with clients of all different backgrounds, ages, and fitness levels. “The best way to alleviate any type of

symptoms is to exercise. It helps people connect with their body,” says Laramie, who stresses that even a brisk walk can benefit not just the body but the mind as well.

In the future, she hopes to go back to school to pursue a degree in occupational therapy, which she calls a perfect combination of mental and physical health. “It's a balance,” she says. “Life is always a balance.”

– Stephanie Krasco '15

You can't treat your mind without treating your body, or vice versa.

Thinking – and Talking – About Health Care

Medical humanities: The new, interdisciplinary field looks at health and illness from a cultural, theoretical, and linguistic perspective. “It's the symbolic side of medicine, rather than the clinical side,” says Jamie Landau, assistant professor of communication.

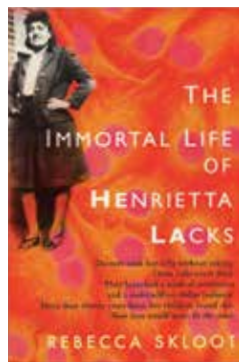
Landau teaches a course called Health Communication and the Rhetoric of Cancer, a class that includes a service learning component. Students have worked with the Cheshire Coalition for Tobacco Free Communities as well as Joy's Network, a local support and financial assistance

network for people receiving or recovering from cancer treatment.

The class attracts students majoring in a variety of fields, from communication to health science to management. “This course is about the discursive construction of disease and health and wellness, and how that then moves us to buy and think and act in certain ways – and often in very unethical ways, often in very financially influenced ways, and often in very sexist ways,” says Landau.

“People don't think about the discourse of health and medicine,” she says, adding that her students, after a closer look at the topic, make comments like, “Oh, I never even thought to question my doctor” and “I never even thought to study pharmaceutical ads with a critical lens.”

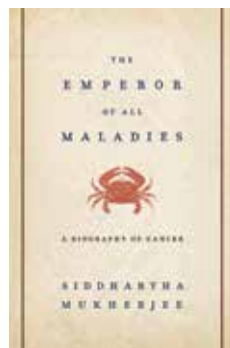
Interested in learning more? Check out the books assigned for the course:



The Immortal Life of Henrietta Lacks. Rebecca Skloot's highly acclaimed book looks at a poor African American cancer patient whose cells, taken without her knowledge in

1951, became one of the most important tools in medicine.

The Emperor of All Maladies: A Biography of Cancer. Siddhartha Mukherjee's 2011 Pulitzer Prize winner recounts the story of cancer from a scientific, historical, and cultural perspective.



BODY AND SOUL:
Nurturing the Spirit Through Mindfulness

“MINDFULNESS MEANS I'M PAYING ATTENTION

to my present-moment experience with a mind that is interested, curious, and accepting, not judging, of that experience,” says Tom Bassarear, a long-time practitioner of mindfulness and mindful meditation who has brought the practice to Keene State and the local community.

Bassarear, a professor in the Education Department who has taught at the College since 1986, arrived at meditation by way of Buddhism – which he arrived at by way of a happy Catholic childhood and a mother who encouraged him to find his own spiritual path. “I did a lot of searching,” he says. He tried out Transcendental Meditation in college, and he frequented a Hindu ashram for a couple of years. Then, while serving in the Peace Corps in Nepal, he attended a Vipassana meditation retreat in India. “It's in the Buddhist tradition, and it was the hardest thing I've ever done,” he says. “You get up in the morning, start meditating at 5 a.m., and you meditate until 9 at night with 200 other people. It's totally silent. It was like boot camp.”

And it spoke to Bassarear, who continued meditating and attending retreats when he could. With friends he started the Monadnock Mindfulness Practice Center in Keene in 2002. He teaches mindfulness to inmates at the county jail. He leads a course in mindfulness-based stress reduction for faculty and staff at the College. He also teaches three courses for students that incorporate mindfulness,

including one co-taught with a psychology professor and one co-taught with a nursing professor.

In addition, he leads off his education classes with a few moments of silence and encourages his students to pay attention to their breath or to sounds. He sometimes gives them this assignment: notice how you feel when you use social media – texting, messaging, Facebook, and so on. About two-thirds of the students find that “they didn't realize how much anxiety surrounds using technology,” he says.

“Vipassana” means to see things clearly, as they really are. Mindfulness helps us to be more aware of all the filters that get in the way of seeing things as they are, Bassarear says. “We get on automatic pilot. ‘I've seen roses before.’ But you haven't seen these roses before!”

“I tell people that you don't have to meditate to be more mindful,” he says. “Some people take a walk in the woods every day with their dogs, and that's a practice that deepens mindfulness. I'm not pushing meditation, but I am saying that mindfulness has huge benefits.”

Chief among the benefits is stress relief. Our bodies provide a jolt of the hormones adrenaline and cortisol as a response to severe stress – a function that was critical in prehistorical days. “You see a lion, you run, and you want to run faster, you want that extra surge,” says Bassarear. These days, he says, the stressful lives

Americans lead mean their bodies are constantly secreting small amounts of these chemicals. “The lions are always chasing us now” – but mindfulness can help keep them at bay.

It's a practice that nourishes the spirit, but it's not necessarily a religious practice. Bassarear cites the writer and activist Parker Palmer, who defines “spiritual” as “the diverse ways we answer the heart's longing to be connected with the largeness of life.”

WANT TO TRY PRACTICING MINDFULNESS?

Here's one way Tom Bassarear suggests to work it into your daily life:

When you arrive at work each morning, sit in your car for a moment. Take a minute to breathe. Then go into work. Does your body tense up? Just noticing that prompts you to relax. You can do the same thing at the end of the day.

In the case of mindfulness, that connection to largeness can be found through deliberate attention to the small details – chopping vegetables, petting a dog, enjoying a cup of coffee. “It's saying, ‘Let me just be here right now,’” says Bassarear. “I don't have to be on automatic pilot all the time.”

👁️ Find more ideas on ways to be mindful at keene.edu/mag.

Photos: Tom Bassarear

Healing The Spirit

Christine Holland made a special talking piece for the healing circle she co-facilitates at the Cheshire County Jail. A wild turkey feather embellished with beads, its quill bound in leather, the talking piece gives the person who holds it the right to speak without interruptions. "I felt we needed something that felt sacred and grounded in the natural world," says Holland, a nontraditional Keene State student who has been leading inmate groups at the jail all year as a practicum for her psychology major.



As they discussed the talking piece, Holland said to the women in the group, "Remember, as you take this talking feather from the person beside you, that the one who's passing it to you is also passing a piece of herself. As you will to the person you pass it on to. Thereby, we're all connected."

Holland, who has Blackfoot heritage, structured the group on the traditional Native American healing circle. "I think that my role at the jail is to help in healing the spirit, a person's spirit. That's what I want to do. I want to help the spirit heal," she says.

"People need to be viewed with empathy and humanity."

"People need to be viewed with empathy and humanity," adds Holland. "They have to have their humanity given back to them. We're incarcerating a population that has a disease – addiction. Incarceration in itself is traumatizing."

Holland knows that first hand. She has a history of substance abuse that goes back to her teenage years and that escalated after

she was prescribed OxyContin following back surgery. "I ended up a heroin addict," she says, "and because it's all about doing anything and everything to acquire your drug, I ended up in jail." Four months at the Cheshire County Jail gave her time to get the drugs out of her system and to start thinking clearly – and making some decisions about her life. What she decided was to go back to school.

"I was released on June 28, 2011," she says, "and I started at River Valley Community College that September." A year later, she transferred to Keene State, where she has learned much about psychology, about addictions – the focus of her health science minor – and also about herself.

"The degree?" she says. "That's just a bonus. I've learned so much here about me. Just so much self-discovery as far as some of the choices I've made and how they occurred." Her goal, after she graduates in December, is to take what she's learned and help others – specifically, inmates – to make changes in their lives as well.

One of the groups she facilitated this year at the county jail focused on restorative practices. "That's about helping people find their own humanity," she says. "Once you have your own humanity, it's easy to look at others with humanity."

That sense of finding one's humanity permeates the other groups, too. In the healing circle group, in which inmates share their experiences and emotions, Holland works to

build trust. "They have to trust that I'm not going to pass judgment. That's not my job. Who am I to pass judgment? I'm trying to help these women and men heal."

And, given her own past, she's also showing the inmates a new path. "It's good for them to see somebody get out, make changes, and then try to give back," Holland says. "That's huge."

Christine Holland. Photo by Jane Eklund

Love,

Sex,

& War

At the Love table, students took a survey to pinpoint the style of interacting that made them feel most loved. At the Sex table, they talked with peer educators and picked up safe sex kits. At the War table, they shot Nerf arrows at a target with a heart for a bulls-eye – and were rewarded for their misses with informational cards that provided tips for dealing with conflict.

Love, Sex, and War, a drop-by seminar on cultivating good relationships, attracted some 150 to 200 students over the course of two evenings during the week of Valentine's Day. It was one of many programs sponsored by the College's Counseling Center to address well-being. The event emphasized "not just students' intimate relationships, but relationships with themselves and with others, whether it's their roommates or their parents or their friends,"



Mona Anderson

says Mona Anderson, the Counseling Center's assistant director. "We wanted it to be broad enough that the critical thinking that they took from this program could be applied across the board."

Healthy and supportive relationships are crucial to longevity, happiness, vitality, and overall well-being, note Anderson and her colleague Brian Quigley, director of the Counseling Center. "There's this myth that healthy relationships don't have conflict," Quigley says. "The difference between a healthy relationship and an unhealthy relationship isn't the amount of conflict, it's the way the couples resolve the conflict."

And resolving conflict takes work – specifically, thoughtful communicating. "What was cool about Love, Sex, and War was that it looked at the ways couples communicate. There's no one successful way – it really depends on people taking a general approach and adapting it to meet each individual partner's preferences, styles, and needs," says Quigley.

What did students learn from the Love, Sex, and War exercises? Many were pleased to be able to pinpoint a relationship "style" – for instance, valuing physical touch or words of affirmation – that works best for them so they could share that with a boyfriend or girlfriend, says Anderson. "We found it interesting that our students really appreciate quality time. College students are extremely busy, so in their relationships they really value just spending time together."

Find more relationship tips from Quigley online at keene.edu/mag.

Fighting Words & Loving Words

Sure, communication is the key to a healthy relationship. But what does that mean in practical terms? Here are a few tips from Brian Quigley, director of the campus Counseling Center:

Express your feelings openly. Couples that openly express their feelings report feeling closer to their partners.

Continuously maintain an open channel of communication. Always include your partner in your struggles, concerns, decisions, questions, desires, insecurities, worries, and everything else you experience!

When discussing a problem, use the X-Y-Z technique. Speak for yourself and not your partner by using "I statements" that follow the following format: "I feel X when you do Y in Z situation." Then give your partner a chance to respond. Remember to stick to the facts and that each partner can only speak for him or herself.



Brian Quigley

DOING THE RIGHT THING FOR WORKERS AND THE COMPANY

When David Kiser '02 M'13 learned, shortly into his tenure as an Environmental, Safety, and Health Engineer at Hypertherm Inc., that the company was hiring an on-site nurse, he was a bit surprised. While lacerations and repetitive motion injuries could crop up among the machinists and assemblers at the large-scale manufacturer of plasma cutting machines (high-speed, high-precision torches that slice through metal), full-time nursing services seemed a disproportionate response for handling such injuries.

"Little did I know that we were going to embark on a wellness program initiative that was much bigger than I had envisioned at the time," says Kiser, who majored in safety and occupational health applied sciences as well as product design and development. He was so impressed with Hypertherm's wellness initiative, in fact, that when he returned to Keene State for a master's degree in safety, he wrote a paper about it for a class taught by Associate Professor David May.

"The company really does care for and provide for the well-being of its employees," he wrote in the paper. Employee welfare features prominently in the firm's mission statement, which is to "provide customers with the best high-temperature metal cutting products and services in the world and to provide for the development and well-being of our associates."

Hypertherm is an employee-owned business with about 1,000 workers based in New Hampshire's Upper Valley and another 400 in other parts of the country and the world. Among its wellness offerings is free treatment at an on-site clinic called the HAWC (Hypertherm Associate Wellness Center). The HAWC is staffed 40 hours a week by either a physician or a physician assistant (PA) who are provided through a contract with Dartmouth-Hitchcock Medical Center. Workers are encouraged to visit the clinic

for any health issue, not just those related to their jobs. In 2015, Hypertherm also began offering primary care to employees and to their families through the HAWC.

In 2011, Hypertherm hired a dedicated Wellness Program manager, Patti Friedman. Together with the HAWC, Patti helps to coordinate other wellness programs, such as sports leagues, fitness classes, healthy food options in the cafeteria, tobacco cessation programs, and regular screenings for blood sugar, blood pressure, cholesterol, and the like. The company measures the impact of all of these programs by keeping track of each worker's "vitality age," a number that's arrived at via the health screenings and surveys. Over the last three to four years, the average vitality age at Hypertherm has dropped by several years. Close to 50 workers have stopped using tobacco. Workers Compensation claims have dropped and more than 100 participants in a weight loss program lost a collective 1,932 pounds.

Kiser, who is responsible for OSHA compliance and worker safety as well as environmental compliance, takes advantage of the wellness offerings, participating in a golf league, ski team, and Hypertherm's community garden. His wife, Jennifer, is a physical therapist, so wellness is a family affair. The couple's son, James Michael, was born in September.

Hypertherm's wellness initiative makes sense not just for employees but for the company as well, Kiser notes. Before embarking on it, the management team took a long look at the value of the investment in terms of employee retention, reduction in absenteeism, and productivity. "The decision was that, yes, not only is it the right thing to do for our people, but it's also the right thing to do for the company," he says.

David Kiser with physician assistant Jean Strawbridge, center, and Wellness Program manager Patti Friedman at the Hypertherm Associate Wellness Center. Courtesy photo



keene.edu

Like most kids, Chris Jackson's two young sons outgrow their bicycles after a year or two of use – leaving behind perfectly good bikes. "I would fix them up and put them on the front lawn with a 'Free' sign, and they'd be gone within the hour," says Jackson, a 2000 graduate who majored in health fitness and a resident of Keene.

Dahle North America, a manufacturer of industrial equipment, where he works in marketing. He's got almost 100 there now, waiting for riders. When someone requests a bike, he scours the warehouse for the best fit, then brings the bike home, cleans it up, makes repairs, and often replaces tires, shifters, and other parts. The result? A bicycle that looks, and feels, brand new.

"It does build a stronger community when we can, collectively as a group, help each other out without requiring people to jump through hoops," says Jackson, who often brings his wife, Dayna (Towne) '97 – a teacher at Jaffrey Middle School – and sons Ryan, 10, and Conner, 8, on his pick-up and delivery runs. "They see me on the porch working on the bikes, and now they see why," he says of the boys. "They can kind of understand that community aspect."

Bicycle Recycling

That got him thinking. There's obviously a need for bikes, and there are a lot of unused bikes taking up space in people's basements and garages. Jackson, an avid cyclist, also enjoys working on bicycles. That led him to launch Pedals 4 People, an initiative to get reconditioned bikes into the hands of people – both kids and adults – who need them and might not be able to otherwise afford them.

Jackson delivers the bikes to their recipients, of whom he asks two things: to sign a liability waiver and to write a thank-you note to the original donor of the bike. He forwards the notes, along with photos of the rehabbed bicycles, to the donors – who, he says, frequently find themselves unexpectedly moved by the words of the new bike owners.

Jackson's next step is to find good avenues for donating the bikes. He's met with staff from Monadnock Family Services, which has steered him to some people in need of bicycles, and is looking into other social service agencies as well. He's also given talks to local Kiwanis and Rotary groups. Because Pedals 4 People does not have nonprofit status, fundraising can be a challenge, but individuals sometimes give him donations of cash or of credit at a local bike shop so he can purchase parts.

Jackson is quick to point out that Pedals 4 People is community driven, with lots of folks donating bikes or kicking in cash for parts. Often, in fact, the recipients of bikes "trade in" outgrown ones, so there's a ripple effect to the exchange. But, at least for now, Jackson keeps it simple by keeping it primarily a one-man operation.

"There's no reason in today's world that people should be without bikes."

He gets the word out about his service through a Facebook page, flyers, and occasional ads and stories in local papers. When people have bikes to donate, he puts his bike rack on his car and drives – up to an hour in each direction – to pick them up. He stores them in the Peterborough warehouse of

The wellness benefit of the program goes beyond the obvious. The bike recipients gain a terrific way to get exercise (and get around!), but they gain other things as well: for kids, riding a virtually new bike instead of a hand-me-down is a huge self-esteem booster. For families with tight finances, getting a little extra help can restore their faith in people.

"There's no reason in today's world that people should be without bikes," says Jackson, who uses one word to sum up the responses of people when their good-as-new bikes are delivered: "happiness."



“WE’RE NOT HERE TO TELL YOU WHAT TO DO.”

That’s Kerri (LaFond) Immergut’s perspective on the relationship between visiting nurses and their patients or, as she likes to call them, clients. “We’re here to show you the ways to get back to doing what you want to do.”

TAKING HEALTH CARE ON THE ROAD



Kerri Immergut '99 '13 at the HCS office in Keene. Photo by Jane Eklund

Immergut graduated from Keene State in 1999 with a major in athletic training and went on to work as an athletic trainer at the College. After a dozen years in that field, she enrolled in the College’s new baccalaureate nursing program, earning a nursing degree in 2013.

Now, as a home health nurse with Home Healthcare Hospice &

Community Services in Keene, she goes into the community so her clients can stay put while they recover from or adjust to an assortment of medical issues. The goal is to keep people in their own homes rather than sending them to nursing homes or rehab facilities.

Immergut’s caseload averages 30 clients; on a typical day she makes six home visits. It’s her job to evaluate the home situation (Are the patients taking their medications as prescribed? Are they changing bandages and cleaning wounds?), assess whether they need other services, like occupational or physical therapy, and educate them and their caregivers on taking care of their medical needs.

“Our major focus is the health and well-being of the client,” she says, noting that Home Healthcare Hospice & Community Services offers myriad services to ensure the well-being of the community and its residents. The offerings include transportation, hospice care, bereavement services, and referrals to and coordination with numerous other resources.

For Immergut, the greatest satisfaction comes when she’s in teaching mode – when she makes a connection with a client, explains the care procedures, and watches as the information clicks. “The lightbulb went off, and they just made every single connection that they didn’t get before,” she says. “It’s a really nice feeling” – and it exemplifies people taking responsibility for their own health.

A PASSION TO EMPOWER

Since graduating, J-Lynne Brown '10, a biology major with minors in chemistry and Spanish, has been pursuing her passion to help others live healthy lives. She served in the Peace Corps as a community health volunteer in the Peruvian Andes and is now pursuing a Master of Public Health degree at the Mel and Enid Zuckerman College of Public Health at the University of Arizona, thanks to a UA Coverdell Fellowship from the Peace Corps.

To satisfy the fellowship’s community service requirement, she’s evaluating the economic value of the many fruit trees in Tucson and distributing information about the best practices to care for them. She’s also interning with the Iskashitaa Refugee Network, which works to empower refugees in the Tucson area. The refugees glean fruit from local trees and teach best practices for gathering the fruit and cooking with it. She writes about that work here.

There is an abundance of fruit trees in the Tucson area, many of which have an excess of fruit falling from them. With the permission of tree owners and local farms, our organization collects the fruit. It’s a little different from harvesting, because we are picking the excess fruit, which many people may not want to eat raw, but it’s definitely useful to cook with! This fresh fruit is redistributed to refugee families as well as other Tucson organizations that provide food for families in need.



J-Lynne Brown at Tucson’s Cylcovia, an event in which the city closes its streets to automobile traffic and invites people to walk, run, bike, or rollerblade. Courtesy photo

The great thing about public health work is that our efforts are long lasting – though difficult to measure. If we are truly doing our best to promote healthy lifestyles in our communities and create sustainable behavior changes, the impact of our work can extend far into the future. For example, I recently participated in an

outreach event for sun safety, and I may have influenced some of those participants to wear sunblock more often or to stay out of the sun during peak hours. Years down the road, people who follow this program shouldn’t develop skin cancer.

In order to reach a national level of well-being, we need to revise our definition of health. Many people think health is just the lack of disease, but it is so much more! It is the state of complete physical, mental, and social well-being. Referring to health as a continuum is much more beneficial to national well-being, rather than just thinking of it as the elimination of disease. When we are able to focus on the whole human and invest our efforts there, that’s when we can reach a state of well-being in our local communities and around the globe.

I’m not sure if my studies will bring me back to the Peace Corps, but I do know that I’ll continue my work in the international community. I have a passion to empower others to take control of their health and well-being, no matter where in the world that may be.

– J-Lynne Brown '10

Health and the Co\$ of Living

What are the socioeconomic factors that impact health? How can they be addressed on a local basis? Those issues were discussed at the Healthiest Community Summit IV, a November symposium that looked at the topic “Why Living Wages Matter to the Health of Our Community.” Conducted by Healthy Monadnock 2020, an initiative aimed at promoting a healthy community, the summit provided a great opportunity for Keene State students in the Morris-August Honors Program. As part of a course, Political Economy of Inequality, Sara Myers, Jessica Schaper, and Kirsten Aglia created a minimum wage calculator and survey, which they administered at the summit. Sara and Jessica write about the project here.

We used data from the Healthy Monadnock 2020 Living Wage Summary to put together our calculator and survey, which we took to the Living Wage Summit. The onscreen calculator was based on a list of expenses a single, childless

person might have, including food, health insurance, housing, transportation, and the like, and the average cost of those items in the region. People who took the survey checked the expenses that were essential for them, and the calculator totaled the costs to determine how much they’d need to earn per hour, working full time, to cover those expenses.

The calculated wages provided perspective on the relationship between minimum wage and the cost of living. Those who checked most of the expenses found they’d need to earn double the current national minimum wage to pay for them, while people who checked few found themselves near or below minimum wage. This was consistent with the polarity of political beliefs regarding minimum wage – and prompted many survey-takers to think critically about the numbers presented.

Access to healthcare is not the largest cause for health disparities in the US. Its underlying cause, poverty, is a much stronger contributor to community health. In addition to difficulty in affording nutritious food and capability to exercise, individuals in poverty are more likely to experience chronic stress.

This is due to little control in the workplace as well as further stressors at home, resulting in poor health among those in low socioeconomic class. Chronic stress weakens the immune system, impacts cardiovascular health, causes anxiety and depression, and decreases cognitive function, all of which result in more stress. Socioeconomic status also correlates with level of education and access to secure housing, community resources, and social support. Numerous factors are intertwined with health and socioeconomic status.



Changing the minimum wage is controversial, as the economic outcomes can only be speculated. People in favor of raising the minimum wage believe it would raise many workers out of poverty, increase spending, and boost the economy. Those opposed to raising it believe it would increase unemployment and put financial pressure on businesses. The minimum wage was instituted to create a minimum standard of living and protect the well-being of employees. Regardless of what the minimum wage is, it will have an impact on community health.

Visit keene.edu/mag to see the living wage survey.

– Sara Myers '17 and Jessica Schaper '17



HEALTH CARE FOR ALL IN RWANDA

In many ways, the state of health care in Rwanda, just 20 years after the country's 1994 genocide, is a model for the rest of Africa. For starters, health insurance in Rwanda is nearly universal, and all of its 30 districts have a hospital with at least 15 doctors. Most Rwandans requiring AIDS treatment receive it. Diseases, including HIV and malaria, that continue to devastate many African countries are losing ground in Rwanda.

However, when Holocaust and genocide studies, education, and sociology triple major Kelly Christianson '14 was in Rwanda last summer, working with the human-rights organization Never Again Rwanda and participating in the annual Peace-Building Institute (PBI), she met Dr. Joseph Nkurunziza and his wife, Betty Mutesi, and learned that there are culturally marginalized groups in the country for whom health care is not so accessible. One of these is the impoverished Twa, a pygmy people and traditionally semi-nomadic hunter-gatherers who have been forced to leave their ancestral homeland in the mountain forests. Maternal and neonatal mortality rates are high among the Twa, whose women generally give birth at home with virtually no prenatal care.

Another of these historically marginalized groups is the Lesbian, Gay, Bisexual, Transgender, and Intersex (LGBTI) community. For example, gay men face significant social stigma and discrimination, even among health care workers, and are therefore reluctant to seek testing and treatment for HIV/AIDS.

"After working directly with the Twa during Umuganda [community service day] and seeing how they are currently living, I decided I wanted to do something to help," Christianson reports. "While visiting Dr. Joseph in Kigali one weekend, he introduced me to Dr. Aflodis Kagaba, executive director of Rwanda's Health Development Initiative (HDI), and we began discussing their dream to build a healthcare facility that would provide nondiscriminatory health care to groups that were otherwise denied access to this basic human right, and serve as a training facility for professionals in Rwanda and the Great Lakes region of Africa as a whole."

Professor of sociology Therese Seibert, who has been taking students to the Peace-Building Institute since 2008, was also working in the Twa village on that community service day. "I also interacted with many mothers that day and no longer saw them solely through the lens of a professor and researcher," she notes. "That day, I saw them through my role as a mother. I have been indeed privileged to give birth and raise my child in the US, but no mother anywhere should die during childbirth or bury her child unnecessarily."

When the Keene State group returned to campus, Christianson and Seibert were determined to do something to help. They enlisted the support of a number of campus and community groups to raise awareness of health and human rights issues in Rwanda and to support building a health clinic there. An architecture class took on the project of designing the proposed clinic, traveling to the country during winter break.

Last fall, Seibert obtained a grant to bring Kagaba and Betty Mutesi to campus. They visited classes and student groups and made several public presentations to raise awareness of the need for the proposed health clinic. Kagaba returned in April to speak at an event that Seibert's Sociology of Genocide class organized to raise money for the clinic.

Seibert is convinced that these efforts will allow HDI to deliver health care to disadvantaged Rwandans. "A partnership based on mutual respect and trust has developed over the years," she says. "I have faith in their ability to build and maintain a nondiscriminatory healthcare facility for historically marginalized people deserving of respect, dignity, and health care as a human right."

– Mark Reynolds

Learn more about the Rwanda healthcare project at keene.edu/mag.

Photo: Rwandan visitors Betty Mutesi and Aflodis Kagaba, third and fourth from left, meet with the Keene State contingent – from left, Kelly Christianson, Mark Dilanni, Mariellen Breton, Alex Habibi, and Therese Seibert.

The 'Anti-Diet' Dietitian

With a background as a registered dietitian, personal trainer, fitness/nutrition blogger, and yoga teacher, Cait Croteau '09 has a lot of knowledge to impart to people. But when she first meets with clients, she spends a lot of time listening rather than talking – and then encourages them to listen to their own bodies.

"Right off the bat," she says, "I ask clients, 'What are you looking to do?' And right off the bat they say, 'lose weight' or 'get in shape.' And I say, 'Weight loss is a side effect. Getting in shape is a side effect. What are you really looking to do?'" It's all about helping to shift people's minds, she says. "I keep asking them Why, why, why, why, why, and they finally get down to, 'I just want to feel good.' Or 'I want to be able to move without feeling that something's holding me back.' Or 'I want to feel more confident.' Those are the actual goals."

Croteau understands how easy it is to be influenced by a culture obsessed with thin, buff bodies: in her high school and early college years, she suffered from an eating disorder, and later, as a fitness instructor, she exercised excessively. She readily shares the story of how she came to realize that telling people what to do – what to eat, how to work out – did just the opposite of boosting their body images and self-esteem.

"Wellness isn't about following a set of rules," says Croteau, who calls herself an "anti-diet dietitian" – an approach she learned in part from working with older people, who don't worry about having a piece of cake or following an exact exercise protocol. "You're here to live. You're not here to tell yourself 'No' all the time; you're not here to self-sabotage, either. So there's a balance between the two."

A nutrition major at Keene State, Croteau headed to New York City after graduation.

She worked at a high-end gym there and then went on to be certified as a registered dietitian. She worked as a dietitian in the food service industry at sites including college campuses and rehab centers. After a stint in San Francisco, where she studied to teach yoga, she moved back to Keene in March. She's working at Cheshire Medical Center and will be teaching Health Science 101 at Keene State in the fall.

Her advice to people in search of wellness? Stop listening to the opposing voices that either sabotage you or tell you to follow rules about dieting or exercise. That's just noise, something to let go as you might let go of thoughts while meditating. Figure out who you are and what you want, and find your own voice. "My goal as a dietitian is to help create positive change in people – whatever that means for them," she says.

Link to Cait Croteau's website at keene.edu/mag.



Cait Croteau '09

BETTER WELLNESS = BETTER GRADES



Do students who live a healthy lifestyle do better in school? You bet.

Marjorie Droppa, assistant professor in Keene State's Health Science Department, has long been interested in the connection between "wellness behaviors" of college students – including physical and emotional fitness and two areas specific to the age group, sexual activity and use of alcohol and drugs – and their academic performance. For her PhD dissertation, she developed the College Wellness Survey, an anonymous online assessment, and tested it on students at a handful of schools, including Keene State and Texas A&M.

The students who participated in the test responded to a variety of questions about their exercise habits, how frequently they drink alcoholic beverages, whether and how often they engage in sexual activity, and more, and then reported their grade-point averages. That produced a lot of interesting information, not the least of which was that the students, having filled out the survey, wanted feedback. How are we doing? they wanted to know. And if we're not doing so well, where can we get help?

Droppa developed a more refined survey, the Wellness Report Card, which could report back to the survey-takers, but she realized she didn't have the computer expertise to make that reporting happen online. "I went to Keene State's computer science faculty," she says, "and said, 'I need help!' They suggested involving computer science students in this as well."

In stepped Shari Bemis and Wei Lu of the Computer Science Department, along with research assistants Nathan Heath '14, who created the survey website in 2012, while a student, and Mark Miller, a senior computer science major, who has been doing upkeep and management on the website.

"We ask about 30 questions on the survey," says Miller, "and we can accurately predict your GPA from that." Miller has given presentations on the project at both Keene State's Academic Excellence Conference and a conference of the Council of Public Liberal Arts Colleges, and is listed as an author on a paper written by the team.

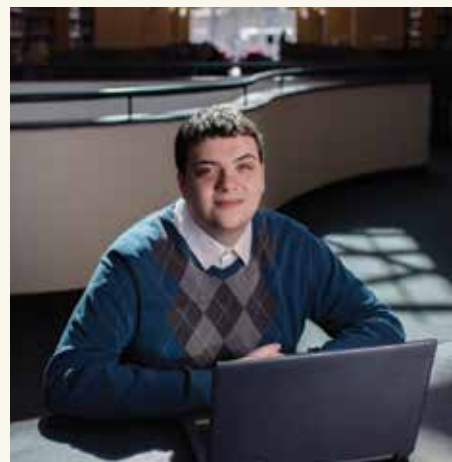
The Wellness Report Card has been tested on students at the University of North Dakota. The students who participate are

given an overall wellness grade – A, B, or C – as well as a grade in each wellness dimension (physical, emotional, drug and alcohol use, and sexual activity). Those who want to improve their grade in any category can find a list of local resources on the website including their university counseling center, fitness centers, Alcoholics Anonymous meetings, and more.

And that gives them a good shot at improving their academic grades as well, says Lu. "The students give us their wellness activities, and we can then tell the students what their GPA would probably be – say, from between 3.5 to 4.0 or 3.0 to 3.5 or under 3.0. Then we can give students some suggestions in terms of how to improve their wellness behaviors on campus in order to achieve a better academic performance," says Lu.

Currently being tested on community college students in Iowa, the Wellness Report Card has far-reaching implications for colleges and universities. Each individual survey is anonymous, but the data for a particular group of students can be aggregated and reported to college officials. If, say, an incoming freshman class scores poorly in alcohol and drug behaviors, then the school can place a special emphasis on education and interventions for those behaviors.

"You can have very bright students who are academically well prepared, but if they have wellness behaviors that can hurt them, they are more likely to not only perform poorly in the classroom but to drop out," notes Droppa. "So it's really crucial that we focus not just on the students one-dimensionally, but that we focus on them as a total person, understanding that how they grew up, where they came from, what they're dealing with, and how they deal with it, is as important if not more important than how they are graded on their tests. Especially important is to target the first-years, when they are at the most vulnerable."



Research assistant Mark Miller '15 notes that he's a good example of how well the survey works: "I have a high GPA and I don't score badly on the report card," he says.

"We ask about 30 questions, and we can accurately predict your GPA from that."

Parts of the Whole: **Wellness Dimensions**

Tiffany Mathews, Keene State's coordinator of wellness education, advises peer education groups, educates people on health and wellness topics, works closely with dietetic interns and practicum students, and serves as an adjunct faculty member in the Health Science Department. She writes here about the parts of the whole – the components that add up to a well life.

Long gone are the days when wellness was measured solely by a person's physical fitness level. Today, wellness is seen as a more complex and systemic approach that integrates multiple dimensions, which are known as the six dimensions of wellness. This theory was developed by Dr. Bill Hettler, cofounder of the National Wellness Institute.

The six dimensions of wellness are meant to serve as a guideline for people to use in creating a life of balance, vitality, and prosperity. All of the dimensions are meant to complement each other and work together to help an individual achieve the goal of living a whole and complete life.

The six dimensions of wellness are: physical, emotional, spiritual, intellectual, environmental, and social. Dr. Hettler defines the dimensions as listed below.

Physical: Maintaining a sound substantial body through regular exercise, proper nutrition, sleeping well, and avoiding harmful habits.

Maintaining a consistent well-rounded exercise program is crucial to physical wellness.

Emotional: Being in touch with your emotional presence and being aware and comfortable with your own thoughts and feelings. Emotional wellness relies on being able to express thoughts and sensations and to absorb those of others.

Spiritual: Having a sense that life is meaningful and has a purpose and that we are guided in our journey. Spiritual wellness is about embracing the meta-physical and reaching beyond the physical realm of existence and experiences.

Intellectual: Being able to engage in lively interaction with the world around you. The intellect is about flexing the mind's muscle and opening the mind. One's intellectual being is about continued learning, problem solving, processing, and creativity. Intellectual wellness involves connecting with others on a cerebral level.

Environmental: Surrounding yourself with a healthy work and living environment free of hazards and focused on conservation of all natural resources and the role people play in bettering the environment. Environmental wellness is about respecting nature and your surroundings and gaining personal fulfillment from your surroundings.

Social: Social wellness is about relating, interacting, and communicating well with others. Social wellness is also about being comfortable in your own skin so you can contribute and engage in a healthy living environment. Including people in all aspects of our lives is tantamount to social wellness.



Tiffany Mathews

– Tiffany Mathews



Live Long and Prosper

According to our records, Keene State has seven living alums who have reached the venerable age of 100, and another two that we know of will pass the century mark later this year. With Norma Walker '51 along to make the introductions, I visited two of our centenarians to learn the secret of longevity from the real experts. Doris Rebidue '34 still lives in her home in Milford, New Hampshire, and Margaret Colburn '27 recently moved from her home in Weare, New Hampshire, to the nursing facility at the Concord Odd Fellows Home up the road in Concord. Both women are charming and engaging and surprisingly healthy. But then, you don't live to be 100 if you're not healthy.

DORIS REBIDUE '34: 'Do everything, but don't over-do'

Doris Rebidue '34 sums up the secret to her longevity in a short phrase: "I didn't do anything special," says the 102-year-old. "I just do everything in moderation." And by everything, she means everything. That includes whitewater rafting. "Do everything, but don't over-do," she says. But after you talk to her for a while, you begin to understand why this centenarian is not only still very spry, but also very happy.

Her secret seems to be her attitude toward life: love what you do, and do what you love. "For as long as I can remember, I wanted to be a teacher," she says. "If you're happy doing your work, that means a great deal." She started teaching in a one-room school in Vershire, Vermont, and taught throughout her life, finally retiring after 20 years as an elementary school principal in Milford, New Hampshire. She did take six years off to raise her son after he was born. He's 70 now.

When you talk to Doris, you realize you're talking to someone who's very content and happy with life. She's stayed active, surrounded herself with good friends, and enjoyed most every minute. "Laugh a lot. Find fun things to do and enjoy each day," she advises. "I never worry too much about anything. If you can fix something, you don't have to worry about it. If you can't fix it, why worry?"

Of course, growing up on a farm got her off to a good start. Even during the Depression, when many people were doing without, Doris's family had plenty to eat. "We had all our vegetables year round, because my mother canned," she recalls. "My father raised pigs, so we had pork and ham and bacon. We always had a quarter of beef, and we raised chickens. We had a very healthy lifestyle. We had all the milk we wanted, and cream."

A happy life, a quiet, positive attitude, and good genes have all likely played a part. Doris is remarkably healthy. "I was never ill," she says. "The first time I went to the hospital for anything, besides the birth of my son, I was 97 years old. My appendix had become infected and was ready to burst."



Doris Rebidue. Photo by William Wrobel '11

“Laugh a lot. Find fun things to do and enjoy each day.”

Doris Rebidue '34

MARGARET COLBURN '27: The secret cocktail

Most likely, 106-year-old Margaret Colburn '27 is Keene State's oldest living graduate. She's certainly the oldest living resident of Weare, New Hampshire, and she's got the Boston Post Cane to prove it. In 1909, the year after Margaret was born, the Boston Post newspaper had 700 gold-topped ebony canes made and distributed to various New England towns, to be presented to those towns' oldest resident. The cane passed to Margaret in 2009.

Margaret was also probably one of the few young women to graduate from what was then Keene Normal School who did not spend several years teaching. She did start out teaching in Deering, New Hampshire, but got married just before beginning her second year, which was forbidden for teachers in those days. Her principal was furious, she says, but he let her teach that year. She was let go after that.

No problem. She joined her husband working on his poultry farm and later building and managing rental cabins on land they owned on Horace Lake in Weare.

Her granddaughter, Jill Colburn '80, who also lives and farms in Weare, says the secret to her grandmother's longevity is the fact that she exercised religiously and, like Doris Rebidue, recommended everything in moderation. Margaret put in miles walking the roads around her house until she fell a few years back and her family asked her to stay closer to home. After that, she did laps around her driveway. Until she was in her 90s, she also lifted light weights and did sit ups. She's always loved being outdoors, her granddaughter says.

But her real health secret was what she calls her "cocktail": two teaspoons of apple cider vinegar and two teaspoons of honey in eight ounces of water every single day. "She swore by it," Jill says. "If she felt arthritis, or some sort of ache or soreness, she'd say, 'Oh dear, I must have forgotten to drink my cocktail.' So she'd make it and drink it, and all was well."

When Margaret was 90 or 91, after her husband died, she went to Florida with a friend to stay in another friend's home. When they arrived, they found the house locked, so Margaret



Margaret Colburn. Photo by Mark Reynolds

looked around and, sure enough, found a window that hadn't been latched. She opened it and got her friend to give her a boost. She clambered inside and opened the door so they could continue their vacation as planned. Yep, that's some cocktail.

— Mark Reynolds

Visit keene.edu/mag to see videos of Doris and Margaret.

FACULTY & STAFF ACCOMPLISHMENTS



Patrick Dolenc

Patrick Dolenc, Economics
Selected as lead faculty for the American Association of State Colleges and Universities Blended Learning Faculty team that will build an Economic Inequality course for all AASCU schools to use.

Jack Fabian, Athletics
Featured in USA Swimming's 20 Question Tuesday on March 10. Link to the story at keene.edu/mag.

Alice B. Fogel, English
Won Schaffner Press's Nicholas Schaffner Award for Music in Literature. Schaffner published her book, *Interval: Poems Based on Bach's "Goldberg Variations,"* in April.



Patricia Pedroza González

Rodger Martin, Journalism
Took first place in a poetry contest conducted by the Literary Arts Guild of the Center for the Arts, Lake Sunapee Region. His winning poem is entitled "After Listening Deep in the Summer Woods of Southwestern New Hampshire to Henry Gorecki's Third Symphony."

Patricia Pedroza González, Women's and Gender Studies
Received an \$8,000 grant from the New Hampshire Charitable Foundation to advance the visibility and impact of the Women's and Gender Studies Program at Keene State.



Jack Fabian



Rodger Martin



Cathy Turrentine

Cathy Turrentine, Institutional Research, and Kim Schmid-Gagne, Diversity and Multiculturalism Initiatives
Presented at the 2015 AASCU Academic Affairs Winter Meeting: Student Success and the Stewardship of Place.

James Waller, Holocaust and Genocide Studies
Named as part of the International Scientific Board for the 20th commemoration of the Srebrenica genocide, a conference to be held in July. Learn more online at keene.edu/mag.



Kim Schmid-Gagne

KSC GIVING

Making a Difference, 1 Class at a Time



It's no surprise that a young alumna who was the recipient of the Community Service Nutrition Scholarship is beginning a career that combines service and nutrition – teaching elementary school health.

"I felt like the scholarship was made for me," says Kelly Rowles '12, a health science major with a nutrition focus who also earned a Senior Service Award for outstanding contributions to the campus and/or community while at Keene State.

But it is surprising to learn that it had never occurred to Rowles, while a student, that she might one day land in front of a classroom. Teaching was initially a side job. After graduation, she landed a fellowship with the Human Nutrition Research Center at Tufts University, where she worked four days a week. On the fifth day, she substitute taught at the elementary school she'd attended as a girl.

The research internship? "I absolutely hated it," she remembers. Subbing at her former school? "I really loved it."

She got more teaching experience through substitute and paraprofessional jobs, then earned a preliminary license to teach health/family and consumer sciences in Massachusetts, after which she was hired at a New Bedford middle school.

She followed that with her current job as a health teacher at Brookfield Elementary School in Brockton. "It's been amazing," she says. "I teach grades one through five, all different units – social and emotional health, nutrition, substance abuse prevention, body systems, personal health, illness prevention."



Kelly Rowles '12

Teaching wellness early is essential, she notes, at a time when childhood obesity is prevalent and some youngsters don't learn at home about eating right, exercising, and staying safe.

"I fell into teaching," she says, "but I think this is what I'm meant to be doing. I'm making a difference in the area in which I studied, which is where my passion is."

Earning the Community Service Nutrition Scholarship was a real honor, says Rowles. It helped propel her education and her future, in addition to reducing the amount of student loan debt she had to take on. It wasn't the only scholarship she received, but it was a favorite, she notes, because it was granted for "the two things I was really focused on in college – nutrition and community service" – two things she's still focused on now.

To learn more about donating to help current Keene State students follow their passions and go on to change lives, visit keene.edu/mag.

1927

On a cold January day, **Norma Wright Walker '51** visited her dear friend **Margaret Grover Colburn**. She was pleased to see Norma and her daughter Jan. Margaret had them sign her guest book and brought them up to date on her family. She said that when her family leaves, they wave to her from the parking lot. Norma and Jan made sure they stopped, and there was Margaret, waving from her window.

1934

Doris McQuade Rebidue wrote a lovely note wishing **Norma Wright Walker '51** good health and saying she looked forward to her next visit.

1935

80TH REUNION
June 6 & 7, 2015

Bernice Adams Michael always sends the most beautiful Christmas cards. We hope she joins the Golden Circle again at Hart's Turkey Farm in August.

1939

Ruth "Bunny" Berry Dodge attended the annual Golden Circle luncheon held at Havenwood in Concord. She is always a delight to spend time with because of her warm smile and sense of humor.

1940

75TH REUNION
June 6 & 7, 2015

Skip Hause, the son of **Thelma Shallow Hause**, called to say his mom would be unable to attend any luncheons or functions at the College. At present he is her caretaker. Later he sent photos of her, their home, and himself.

A lovely holiday card arrived from **Edith Wirling Lovering**, who lives in Greenland, NH. In the past she attended many of our Golden Circle luncheons in the Seacoast area.

We send sympathy to the family of **Dorothy Young Carruthers**, who died in late February. In January she celebrated her 96th birthday, enjoying her favorite lobster dinner with family. **Winifred Woodbury Langtry '52** delivered flowers from the Golden Circle. Dot was a faithful secretary for her class.

1941

Barbara Jeffery Stimson
678 Pettyboro Rd.
Bath, NH 03740

Our sympathy goes out to the family of **Virginia Rollins Flint** from Berlin, NH. Ginny frequently attended the Golden Circle luncheons around the state, driving to them by herself. She was very active in many organizations in the North Country. Her kindness and gentle smile will be missed by all.

1942

Peggy Smith Campbell
143 Walton Rd.
East Palatka, FL 32131
flyingnonnie@bellsouth.net

Phyllis Osgood Bean remembers that when she and her classmates wanted to have fun they would go downtown to watch old movies and have a good laugh. She feels Keene State has changed a lot since she was a student at Keene Teachers College.

A lovely holiday card arrived from **Peggy Smith Campbell**. She appreciates receiving a birthday card from the Alumni Office staff. Peggy is a faithful class secretary.

Louise Moses Lawrence met **Norma Wright Walker '51** for lunch in Peterborough recently. She always has news of her daughter Cynthia, whom Norma had as a student.

1943

Caroline Nichols Pregent
30 Giffin St.
Keene, NH 03431
cpregent@ne.rr.com

Caroline Nichols Pregent writes: "The winter will be cold and snowy so I hope the warm weather is with us when you read this

note. It is always a happy time when I read Christmas greetings from classmates and former students.

Barb Adams wrote that she is as busy as ever. She visits her niece and family in NH once a year. She had an accident while driving. She escaped with only bruises and then decided to give up driving. Barb enjoys exercising, especially swimming. **Grace Mudgett Dayton** lives nearby, and during the Christmas season when Barb has company they take her to visit Grace. Thanks for your notes, Barb.

Barbara Brown Charbonneau sent Christmas greetings. She is well and keeps busy like all retired people. Barb and I have been friends since 1937. It is a pleasure to reminisce about my first two years of teaching in the one-room schoolhouse on Shirley Hill. Barb's younger sisters and brother were special students of mine. I was blessed that her sister Beverly played the piano whenever we were singing. Stay well Barb.

Phyllis Buxton Bodwell sent a greeting at Christmas. Phyllis joins the Golden Circle groups at Havenwood in Concord.

"Our autumn Golden Circle luncheon was held at J.P. Stephen's in Rindge. A large group of alumni enjoyed the luncheon and getting reacquainted.

"In October 2014 I received an interesting note from **Helen Crocker Burnett**. Helen taught one year and then became a library assistant. Helen also served as a Navy WAVE from 1944-1946. Helen's husband was an Air Force officer and he and their family served in the US, Taiwan, and Germany. Their four children had a broad education and experience in learning about other cultures. At 69 Helen started sculpting original dolls and designing and sewing clothes for the dolls. She now has made clothes for 136 dolls. Thirteen of them are First Lady dolls. Helen was also a soprano soloist in an a cappella choir.

"We have an address for **Lois Moore Querim**, who is in a nursing home in Ocala, FL.

Christine Sweeney joins our group of Keene State volunteers whenever we plan a luncheon at a Keene restaurant.

"It is so sad to hear that **Bart Lund** died recently. He was an active member of our class.

Our sympathy goes out to the family of **Marjorie Howe Herlin** who, sadly, died in October.

"Our family had a busy summer. We drove to Sand Pond several times. In August 2014, Clifford and I celebrated our 70th wedding anniversary. Nora planned a party for us at the Elks Lodge. We were fortunate that many friends and family members from VT, CT, ME, MA, and NH made the party so much fun.

"It would be nice to hear from more alumni so our class notes will continue to be interesting and informative for everyone. Thanks."

1944

Rosina Digilio Stark writes that she is unable to travel back to campus for reunion or to attend other alumni events. In the past, they were regulars at the Golden Circle luncheons.

A long letter arrived from **Alice Smith Harris**, who lives in Oregon. She is happy in her new home and gets around with a walker because of a fall she had several months ago. Alice enjoys receiving cards from alumni and likes to keep up with the news of the college.

1945

70TH REUNION
June 6 & 7, 2015

It is always a pleasure to share lunch with **Carolyn Wynott Goodwill**, who lives at Havenwood in Concord, NH. Carolyn is a joy to chat with and she pitches in to help clean up after the luncheons. Her friend Leah Gray (a Plymouth grad) comes as her guest.

1946

We extend our sympathies to the family of **Thelma Partridge Mitchell**, our devoted class secretary, who died in March.

Geneva Moore French is planning to attend more of the Golden Circle luncheons in the future because her daughter lives nearby and will drive her.

We heard from **Shirley Ring Green**, who lives in Missoula, MO. Shirley said their Christmas was barely white, but she enjoyed having her family with her.

Brigida Saladino Mosley was a hostess at the November Golden Circle luncheon held at J.P. Stephen's in Rindge, NH. She joined her family as they spent some time in ski country. Breezy said the skiing looked good but she read a book and did puzzles.

It is always great to receive a beautiful Christmas card from **Marion Stevens Creighton**.

1947

Ruth Washburn
75 Pleasant St. A207
East Longmeadow, MA 01028
w.f.b.r@charter.net

In the last issue of *Keene State Today*, we erroneously identified **Shirley Rolston Martell** as "Shirley Rowley." Deep apologies to Shirley for the error, and many thanks to class secretary Ruth Blodgett Fisher Washburn for calling it to our attention!

Ruth also writes: "She was Shirley Rolston from Greenland, next to Portsmouth, NH. She attended Portsmouth High School as Greenland did not have a high

school. After graduating from KTC in 1947, she taught for one year before marrying Dick Martell. They had five children, so she did not teach again until after Dick died, when she worked teaching reading to adult people who did not speak English when they migrated to Portland, ME, where she lived with her family.

"I talked to **Juanita Parsons Nolan** in Warner, and we both said we appreciated **Winnie Langtry '52's** visit to her and the photos she sent to each of us.

"I turned 89 two weeks ago, and no longer have my 15-year-old wonderful Mercury Sable station wagon for driving long distances. My daughter bought me a 2012 little Honda Fit. It is great for getting around town and short trips, but as I am now on a medication that makes me very drowsy, my doctor says I should not drive long distances alone as I could easily fall asleep. This means I will not be able to drive to Portsmouth this coming October for the Golden Circle luncheon and Shirley will not be taking the bus from Portland to Portsmouth for it either. I will not make the July one at College Camp in Swanze, either. It is very disappointing as I have been attending as many as possible for many years. Time and good judgment can change a way of life. Hopefully I will be able to find someone to go with me in time! 'Never say die' is my motto!"

1948

Ellie Smith Butler
9 Muster Ct.
Lexington, MA 02420-2001
ellierb@aol.com

It was special to hear from **Sal '50 and Shirley Bacon Manna**, who live in Florida. Several years ago they joined other Keene State alumni at the luncheon held at Hart's Turkey Farm.

Our sympathy goes out to the family of **Joyce Chickering Jernberg**, who, sadly, died in January.

Jean Harding Maxwell wrote that in October her dear husband Reginald passed away. He became a very familiar figure at reunions and special events on campus because he would drive Jean down from Colebrook. Sometimes they would come down and go home in the same day, and sometimes they would stay over. Jean said he loved the College almost as much as she does.

1949

Ellie Hughill Muldoon
3D Melville Ct.
Lily Pond Overlook
Pocasset, MA 02559
emuldoon28@comcast.net

1950

65TH REUNION
June 6 & 7, 2015

1951

Norma Wright Walker
19 Eaton Rd.
Swanzy, NH 03446
walker.norma@gmail.com

From class secretary **Norma Walker**: "A beautiful card with pictures of some of the well-known flowers that grow in Texas was received from **Elsie Bowes Brenner**. She and her husband had planned to move to Utah, but due to some serious health prob-

lems they are staying in Texas. I do hope you continue to improve, Elsie.

"One evening my phone rang and it was **Dorothy Zekos MacPherson**, who lives in Maryland. We talked about caring for our husbands, who both suffered from Alzheimer's. Dot had recently talked with **Bev Bonardi Bouchard** and **Joy Clough Webster**. We caught up with news of family members and agreed we were fortunate grandparents.

"**Charlie Plimpton** would appreciate phone calls from classmates and other alumni. If you have a chance, please give him a call.

"**Winifred Schoolcraft** enjoyed the newsy letter telling about events on campus and tidbits about classmates she found in her Christmas card. Winnie was excited about being a hostess at the Historical Society in her hometown of Warrenton, MO.

"**Elaine Schmidt Chesley** called to wish me a Merry Christmas before leaving for Florida. She planned to return in early spring.

"**Margaret Rhoades Bost** made trips to New York City for a wedding and then she spent a wonderful week in Oregon with a cousin and his wife. Margaret always enjoys news from the College and her classmates.

"Always enjoy **Martha Bassett Sargent's** Christmas card with lots of news of her and her family. They didn't make the annual summer trip to New Hampshire this past summer. However, this year they plan to be in New Hampshire for the 4th of July to join in

with the family reunion festivities. Martha had her family at her home for Thanksgiving. They are trying to downsize so they can move to senior housing.

"**Joan Greeley Simpson** is spending some time in a rehab center and says she is doing very well.

"A card with a lovely copy of a painting called 'Happy Angel' arrived from **Eleanor Drowne Banfill**. The painting was done by a mouth painter. She was looking forward to a family Christmas Eve, which would include two great-granddaughters.

"**Pauline Bullard Brown** and her husband joined other alumni and guests for the Golden Circle luncheon in Rindge. **Del Langille** also attended.

"I want to thank all of my classmates who sent holiday greetings to me. Others to be thanked are **Audrey Tucker Starkey**, **Ruth Bickford Peck**, **Dot and Stan Johnson**, **Richard Rogers**, and my roommate **Rita Hayes Evans**.

"Put June 2016 on your calendar as we celebrate the 65th year since we walked across the stage in front of Fiske Hall and received our diplomas from Keene Teachers College. I do hope many of you will be able to return to campus and together we can celebrate one more time."

1952

Winifred Woodbury Langtry
50 Evergreen Lane
Contoocook, NH 03229
langtry@mcttelecom.com

Irene DiMeco Parent
27 Lashua Rd.
Ashburnham, MA 01430
bep27iap@comcast.net

Claire Waterhouse Simensen
17 Sullivan Ct.
Salem, NH 03079
cws603@comcast.net

Don Carle is living in Keene and enjoying it. Don writes, "Hi, Class of '52, I have come back to Keene, living in Bentley Commons. The idea of living at Bentley was for me to be near the College. It is different, and I enjoy it, but you cannot go back to what used to be. **Charlotte '53**, my wife, is in assisted living at The Birches of Concord suffering with Alzheimer's, a very difficult disease to cope with. It is hard. I try to see Charlotte about once a week. **Winnie Langtry** has been great about visiting with Charlotte, taking her out to eat and shopping. I see **Bruce and Irene Parent** occasionally and they are fine, still living in Ashburnham. We visit and take Charlotte for a drive and out to eat occasionally. I do still enjoy sports. The teams are very competitive. The woman's soccer team is in third place as of October '14. The women's field hockey team is in first place. The coach, **Amy Watson**, won her 350th game; she has been here 25 seasons. The men are in fourth place with a new coach, **Rick Scott '77**. I talked with **Dick Lord** recently and the conversation centered on sports."

1953

Donald J. Johnson
695 Clement Hill Rd.
Deering, NH 03244
djj1@nyu.edu

1954

June Haymon
3247 Lucerne St.
Bronx, NY 10465
juneio@aol.com

James W. Parker is enjoying 25 years of retirement from 30-plus years of middle school teaching in Stamford, CT.

Class secretary **June Haymon** writes: "Our class of '54 proudly celebrated the 60th class reunion. Those attending were: **Carolyn Ramsay Baston**, **Dorothy Bushnell Burden**, **Patricia McMahon Clark**, **Marie Bergeron Drogue**, **Joy Johnson Falkenham**, **Carolyn Lees Fleming**, **June Hesse Haymon**, **Beverly Blasenak Slocum**, and **Louise Mongeon Toomey**. The events were enjoyable, especially the Parade of Classes and the ever-favorite ice cream social. Our special thanks to **Norma Walker '51** for all her help. I always say my four years at Keene were my best ever. My son Kris, his wife, Stacey, and my friend Nancy Olson attended the reunion. My older son just retired from the US Coast Guard Reserves after 30 years, so he finally has weekends to enjoy with his wife and daughter."

From **Marie Bergeron Drogue**: "I was glad I could attend our class reunion. It was so nice to visit with classmates and reminisce about our lives and activities. Two of my close friends in college, **Pat McMahon Clark** and 'Pee Wee' **Mongeon Toomey**, live in the Keene area now. Because Keene is my birthplace, I return from Sturbridge, MA, where my family has lived and I taught, for many years, to visit family and also Pat

and Pee Wee. At the reunion, I took the fun tour ride around the campus. I was especially curious to ride by the house in which I grew up. What a surprise! My street and my family house have been replaced with many new college buildings. If anyone visits Sturbridge, please surprise me."

From **Carolyn Ramsay Baston**: "Many thanks for all June is doing for our class. A nice time we had at the reunion. My days are busy in South Hadley, MA, near my family and lots of new friends. Taking my oldest grandson to the British Isles in August. Can't wait to see Scotland."

Beverly Blasenak Slocum writes that she gets together with **Jane and Dean '53 Corrigan** two or three times a year for lunch.

1955

60TH REUNION
June 6 & 7, 2015

Alfreda Crosby Gallo
3406 S. Palm Ave.
Palatka, FL 32177-6342
alfredagallo100@msn.com

1956

Minot Parker
PO Box 370540
Montara, CA 94037-0540
Tgpubicn@att.net

Mary Marcotte Gline writes: "For over 20 years now, a small group of classmates has come together every July at the summer home of **Anita Stokes** on Northwood Lake in New Hampshire: **Dottie Binmore Greene** and husband, **Scotty**; **Millie Ingalls Kittredge** and husband, **Everett** (sadly, Millie passed away in 2010);



and **Mary Marcotte Gline** and husband, Frank (who passed away in May 2014; we had been married 58 years shy one month). Anita prepares a delicious meal and throughout the day we enjoy laughing together and telling stories. We appreciate Anita's generous hospitality each year.

"I have three grown children: **Debbie Gline Allen '81** of Derry, NH; Greg Gline of Keene, NH; and Nancy Gline of Charlton, MA. There are four grandsons and two granddaughters, as well as two great-granddaughters, ages eight and nine.

"I am doing well and keep busy with church committees and handbell ringing, exercise classes, and crafts.

"**Dotty Binmore Greene '56** has sent me a family photo each Christmas for the past 58 years! She and her husband, Scotty (who still live in Franklin, PA), have three grown children. Recent Christmas photos also include son- and daughters-in-law with five grandchildren. Dotty and Scotty became great-grandparents in November 2014 with the arrival of baby Felix."

1957

Cynthia Randall Faust
1500 Popham Dr. C-5
Ft. Myers, FL 33919
cynjon@comcast.net

1958

Jacqueline A. Abbott
7 Keeney Dr.
Bolton, CT 06043
jabbott814@aol.com

Bill Webb starts his 29th year as caregiver for the elderly. He and

his wife **Alice '61** sent out 1,450 Christmas cards, hundreds to former students and their families, and Keene Teachers College faculty and friends. He and Alice continue serving in many gifted ministries for the church.

1959

Carol Gatcomb Riel
350 Pako Ave
Keene, NH 03431
rielgatcomb59@yahoo.com

Class Secretary **Carol Gatcomb Riel** writes: "June 6 and 7, 2014, was a beautiful weekend for alumni reunion. We wish more of you had been able to come to our 55th reunion.

"It was great to see **Gordon and Sandy Hussey Bean, Al '58 and Judy Palmer Marshall, Ann Weeks Pearson, Frank Davis, and Nelson and Dottie Reed '58 Megna** at the Saturday meeting and luncheon. Our group has decided to put money aside for a scholarship, so when you send in a contribution, be sure to note it as toward the 1959 Scholarship fund.

"**Larry Cole** joined us for the President's Brunch on Sunday. I wonder if he ran the Clarence DeMar Marathon in Keene again this year.

"We send our condolences to **John and Carol Elwell Cummings** on the sudden loss of their son this past June. They are very active participants at Golden Circle luncheons.

"**Sandra Burnett Nelson** wrote a long letter about her family and it sounds as though she has been an expert on dealing with special needs children. Occasionally she

has attended a Golden Circle luncheon in Rindge.

"**Diane Dearborn Daley** sent a beautiful picture of her five sons and one daughter. She also has 14 grandchildren. Diane lives in NY and lost her husband, Bill, in 2013. Diane also writes that she had kept in touch with Mary Jane Firth, who died this past year of MS.

"**Ann Weeks Pearson** and her husband, Dick, also live in NY, but come back to our lovely state of NH for the summers.

"**Elaine Stahl Hawthorne** is busy helping her son with his restaurant and catering business. She was unable to attend our reunion as she was on an annual family vacation.

"**Nelson and Dottie Reed '58 Megna** sent along a picture of their clan. They enjoy the cold weather in Maine.

"**Colin Gray** and his wife, Joan, have retired to Florida in the winter. He enjoys wood carving. Many other classmates winter in Florida: **John Tucker** and his wife, Carol, **Katherina Beligianis Springer and Donald, Gordon and Sandy Hussey Bean, and Judy Palmer Marshall and Al '58**, who live over the bridge from **Vin '57 and Carol Gatcomb Riel**.

"Please look forward to our June Alumni Weekend and plan to donate to our scholarship fund."

1960

55TH REUNION
June 6 & 7, 2015

Gail Spevack Sheldon
241 Blucher St.



1st Lt. Paul J. St. Pierre '60 marched in the 2014 Memorial Day parade in Jaffrey, NH.

Manchester, NH 03102
(603) 623-8186
sheldon-sheldon@comcast.net

Gail Spevack Sheldon writes: "Who said retirement is dull? From your responses – look what you are doing! Travel and golf were most mentioned, but also exercising at the gym, swimming, bowling, park ranger, dancing, cross country skiing, school crossing guard, movies, daily crosswords, building houses in El Salvador, mountain climbing, executive board members, caregivers, marching in local parades, caring for grandkids, visiting the sick, reading, volunteering, hospice, assisting the disabled, and the ever-famous 'working around the house.' And the list is growing. Want to find out who is doing what? Come to our 55th celebration on campus Saturday, June 6!"

Sandra Perron Panzeri and **Bill '62** say everyone is welcome at

their 1900 House Bed & Breakfast in Narragansett, RI, when in the area.

Sandra Oles Salo spent two weeks in Taipei, Taiwan, visiting her daughter Lisa, who teaches phys ed at the Taipei American School. Lisa's husband also teaches there.

Sadly, **Phyllis Zarnowski White** passed away December 3, 2014, in Orlando, FL. She and **Mike '59** were married 54 years and lived many years in Keene before relocating to Florida. She taught in Westmoreland and Keene schools. Her son Tom is coordinator of educational outreach at the Cohen Center for Holocaust & Genocide Studies at KSC.

1961

Dorothy Bean Simpson
PO Box 1373
Crest Harbor, NH 03226
drsimpson2@yahoo.com

Nancy Drew Mercier writes: "I've been out of touch for a very long time but thought I'd send a little note on what I have been doing. I now live in Canada in the Yukon Territory. I have five children and 12 grandchildren. I taught home ec. in Nashua for several years and then five years in special education at Mt. Hope School. After coming to Canada, I taught kindergarten and home ec. for some years before working as a family support worker for the government, Child Protection branch. I have so enjoyed my work since graduating from KTC. I am now retired and have a soap and candle business, which I enjoy very much. I am still teaching as well, as I assist my daughter-in-law with homeschooling her two girls."

1962

Stephanie Heselton Baute
515 E. Surry Rd.
Surry, NH 03431
sbaute515@gmail.com

Martha Crowley Morse
131 Case St.
North Canton, CT 06019
morsesports@comcast.net

1963

Elizabeth Butterfly Gilman
277 Coolidge Dr.
Portsmouth, NH 03801-5740
betty277@comcast.net

The people in our class must be on the move and enjoying retirement years. It is a challenge to pin down anyone to send updates for the class notes, so consider this your invitation! Have you taken up a new challenge, donated your time and talents for a particular cause, or gone traveling? Now is the time to share the latest news. Everyone turns to the class notes first to check on our classmates, so let's be sure there is something here for all to read. Send your messages to **Betty Gilman** or to the class notes editor.

Sandy McKeen Scripture continues to work at the Canterbury Shaker Village, more often in the summer than winter, so be on the lookout when visiting. She values her college classmates and continues to stay connected, even enjoying the annual summer luncheon in Sturbridge, MA, with classmates.

Patricia Hannaford Shearon has been living in Alabama and returned to Keene only once, in 2009. She retired that year after teaching at the elementary level

and working for Sears. Sadly, her husband passed in 2012, but she enjoys her children and grandchildren who live in Virginia and Florida. She recalls the friends she made while living at Fiske and Huntress halls as a very special time in her life.

Paul Bonneville writes, "Marjorie and I continue to enjoy the reunions and Golden Circle luncheons. We hope to see more classmates at these events."

Mary Ellen Sias continues to enjoy life after work. She, too, attends the summer luncheon and stays connected with many classmates. She enjoys being in Meredith, NH, at her summer cottage and lives in Connecticut during the other months. She volunteers for several organizations and enjoyed an inn-sitting business after she retired from teaching middle school English. Mary Ellen shared a wonderful quote by Emily Dickinson that seems fitting to close our notes: "We turn not older with years, but newer every day."

1964

Helen I. Jette
37100 Neukom Ave.
Zephyrhills, FL 33541
helenjette@aol.com

Bill Doolan
9189 William Cody Dr.
Evergreen, CO 80439
billdoolan@q.com

Elaine Brandon writes: "I enjoyed our 50th class reunion very much! Socializing with our classmates during the dinners and at our special gatherings was wonderful. Walking the campus, the streets (Winchester), talking with students, and touring some of the

buildings was great.

"I am proud to be a Keene State graduate and prouder that we helped to make the change – we entered Keene Teachers College and graduated from Keene State College. This year, I bought a Keene State Alumni shirt and key chain!

"On Sunday before I left, I visited and toured the Horatio Colony House Museum – a 1906 Federal house at 199 Main St.

"Looking forward to our 55th!"

Janet and Rene Clarke write: "We both agree, our 50th reunion at KSC was a very rewarding experience that we enjoyed immensely! It was wonderful having the opportunity to reconnect with so many classmates, many of whom we haven't seen since graduation 50 years ago. We were also greatly impressed with the activities planned by the alumni committee to honor us 'seniors.' The Welcome Back Social Friday evening provided an opportunity to socialize with other class of '64 attendees while enjoying some very hearty hors d'oeuvres. On Saturday, prior to the Anniversary Parade down Appian Way, 25 of us were present for our class picture and then we attended our '64 class meeting. A motion was voted on to use our class gift contributions to create a \$1,500 annual scholarship for students preparing for a career in teaching. Following the parade, the Alumni Association treated us to a delicious luncheon and a mid-afternoon ice cream social. It was there that we had the honor of meeting KSC's new president, Anne Huot, who impressed us



with her friendliness, commitment to students, and her objective to uphold the college motto: Enter to learn. Go forth to serve. Later that evening we all enjoyed a culinary masterpiece, the class of '64 Reunion Dinner at Centennial Hall, followed by live music entertainment at the Student Center. The entire experience was unforgettable!

"Finally, we are especially grateful for the organizational efforts of **Bill Doolan** and **Elaine Brandon**, who pulled together the biggest turnout the class of '64 has ever had. Rene survived one more trip up and down Mt. Monadnock with the help of Bill and **Pat Doolan** and **Louie Tremblay**. He really enjoyed reminiscing with Bill, Louie, and **Denis Joy**, three Kappa brothers who are still going strong. We also want to express our appreciation to Elaine Brandon for taking the lead in advocating for the scholarship fund class gift and others who have volunteered to participate in the scholarship committee: **Albert Lake**, **Philip Clay**, **Madeline Despres Saulnier**, and **Sue Holbrook**. (Apologies if there are any omissions.) Hopefully, all members of the class of 1964 will contribute to our scholarship fund annually to keep this scholarship self-perpetuating."

Ken Morris writes: "To all of my fellow graduates who made it to our reunion, hope you had as much fun as I did! To those who did not make it, we missed you! To those who have left us already, you were missed also and you were remembered often over the weekend!"

"Just a note that Bill or hopefully **Al Lake** will discuss the establishment of the Class of 1964 Education Student Scholarship. We are hoping that all classmates who decide to give monetarily back to KSC will request it be added to this fund to help others have an easier financial journey through Keene State. Most of us received help along the way at Keene; now it is our turn to help others with their path through the halls of higher education.

"By the way, those who would also like to be a part of the committee planning our 100th anniversary, please sign up with Bill D!"

Cyndy Sivonen writes: "What I realized more than anything else is what I had missed by not going all the years that I lived in Concord. Now that I am in Arizona, I decided to pair a trip back home with attending my 50th reunion. What a great decision it turned out to be. I was impressed with all the planning and organization that it took to give all of the attendees a great weekend. It was also an honor and privilege to meet the new president; I thoroughly enjoyed her presence at all the activities. But probably I was most impressed by our class meeting and the togetherness I felt when we made a decision on the scholarship our class is going to create. Thanks to everyone who attended, and a special thanks to the alumni committee who put together a fabulous weekend. I encourage all alumni to attend in the future and see the growth of curriculum and buildings that have made me proud to say I graduated from Keene State College."

We extend our sympathy to Bill Doolan on the loss of his wife, **Patricia Reed Doolan '62**.

1965

50TH REUNION
June 6 & 7, 2015

Richard E. Doyle
561 Ocean Blvd. #4
Hampton, NH 03842
rdoyle561@aol.com

Beverly Kovacs Spaven's Christmas letter told of many activities she had been involved with for the past year. She was elected to serve for three years on the vestry at her church, attended the Cherry Blossom Festival in Washington, DC, and enjoyed an Emmylou Harris concert. You can find Bev volunteering at various locations as well as enjoying a week at a day camp for underprivileged children. She also sent materials to be used in the class of 1965 display at the Alumni Center.



Bruce Stronach '74, Dean of Temple University Japan, got together with **Anne (LaChance) Dumont '74** and **Clark Dumont '76** of Las Vegas, NV, at the Bellagio, 40 years after graduating from Keene State.

1966

Nancy Coutts
175 South Main St.
Brattleboro, VT 05301

1968

Jan Temple Metoxen
330 Maple Rd.
Longmeadow, MA 01106
jantemplemetoxen68@yahoo.com

1969

Barbara A. Hamilton
112 Avondale Rd.
Manchester, CT 06040
barbara.hamilton@att.net

Barbara Hamilton writes: "Happy New Year to you all and happy spring by the time this comes out."

She also sends news from **Barry Osborn**: "**Peter Bohan** has been coordinating the monthly College luncheons at the Puritan Backroom in Manchester and they are actually becoming bigger. Nothing official; people come and go – it's great catching up with old friends."

"Retirement has been great for me; I'm remodeling the kitchen and looking to get back to Ireland this year for a long stay. My daughter Maire moved back to the East Coast and is doing her post-doctoral work at Massachusetts General Research Center."

1970

45TH REUNION
June 6 & 7, 2015

Susan Campbell
15 New Acres Rd.
Keene, NH 03431

1971

Maureen Sheehan Hall
69 Crescent St.
Hooksett, NH 03106
hallsofivy2@msn.com

IN THE NEWS: A documentary about former KSC professor Keith King and the schooner he named after **Peter M. Atwood '71**, who died at 31, was featured in the *Concord Monitor*. Find a link to the story at keene.edu/mag.

1972

Debra Davis Butterworth
21 McAuley Rd.
Cape Elizabeth, ME 04107
dbutterw@maine.rr.com

Roger Hartwell
198 Palermo Pl.
The Villages, FL 32159
rgrhrtwl@yahoo.com

1973

Kathleen Pickford Stacy
190 Old Hancock Rd.
Antrim, NH 03440
gstacy@conknet.com

1974

Jane Cappuccio Stauffer
28 Beckford St.
Salem, MA 01970-3239
jcsrks@verizon.net

1975

40TH REUNION
June 6 & 7, 2015

Margo Merrow Karamanoogian
27 Sandstone Dr.
Bedford, NH 03110
mkm1953@comcast.net

Henry "Hank" W. Maier writes: "I continue to live in Sarasota, FL, having moved here in 1996, and am completing my 18th year with Manatee County Public Schools as an ESE Resource-Compliance Specialist. I work with special education elementary programs from pre-kindergarten through grade 5 and I am completing my 39th year in special education. Due to the winter the Northeast has experienced this year, I will not mention our beautiful weather, beaches, or the scenic waterfront living here in Sarasota. My partner, Jack, and I just celebrated our 30th anniversary. Besides all our area has to offer, we enjoy and support a wonderful symphony and live theatre during the season. Through the years, I have been fortunate to continue to be in communication with **Frank Easton**, **Diane Riedy Jamison**, and **Eileen Oeschli Bohigian**, enjoying their company at each of our five-year reunion receptions. They and others form a committee and work hard to set up our class reception. In addition, I have maintained contact with **Nancie Devins-Murphy** and had the pleasant surprise to be contacted by **Peter Bourgoine** last year after he moved to Gulfport, FL. He attended KSC for two years and then left school. We entertained him and his significant other, Kimberly, at our home and

plan to visit them soon in Gulfport. "Usually, Jack and I take a two-week tour in the Northeast during the summer visiting family and friends. Regretfully, due to health issues with Jack and foot surgery for me last summer, we have not had the opportunity to go up north. Prior though, with five-year reunions and other visits, I have had the chance to see the continued beautiful development of the College buildings and the campus. It is always a great pleasure to visit and I never miss a chance to tour the Children's Literature Gallery, with its latest collection and displays. I had to give up tennis and running, but do walk daily and exercise, though with age, diet and weight are always a challenge.

1976

Philip Bellingham
20 Transit Ln.
East Hartford, CT 06118

Class Secretary **Phil Bellingham** wrote in November: "Hello, '76ers. All's well with your class secretary. I'm getting ready to join the 'snowbirds' in Orlando and see how Mickey's doing. I've been trying to get to the reunions once

"Jack and I had the greatest pleasure on February 13, 2014, to host in our home our new College president **Dr. Anne Huot**, her partner, Joanne Cepelak, about 25 KSC Gulf Coast alumni, and staff from our Alumni Association. We have had the pleasure every other year, holding a cocktail reception as the sun sets over the Gulf of Mexico when the KSC team visits our region. It was our fourth reception. It is always wonderful to meet alumni from a variety of classes, share KSC stories, and hear about their lives.

"I am looking forward to our 40th reunion in 2015; our previous reunions have been wonderful, organized by a committee of our classmates, including Frank, Diane, and Eileen. It is hoped we will see more of our classmates in 2015!"

Bill Reed
3 Mayfair Ln., Apt. 206
Nashua, NH 03063-7645
williamreed3@comcast.net

Martha Petrowski Laflamme
474 Second Ave.
Berlin, NH 03570-2334
mlaflamme@ccsnh.edu

1980

35TH REUNION
June 6 & 7, 2015

Allison Ashley-Bergstrom
abergstrom@sbcglobal.net

Cathy Stuart Zurek
78 Morse Ln.
Boxborough, MA 01719
zurek@comcast.net

in a while. It's a good time. Try and give it a go. It's somewhat of a culture shock, but that's OK."

1977

Sabrina Brown Maltby
13 Main St.
Raymond, NH 03077

1978

Dianne Glaser-Gilrein
P.O. Box 1391
East Dennis, MA 02461
tgilrein@aol.com

Lynda (Fuma) Fountain writes: "I retired in 2006 from the field of recreation administration. My thanks to **Kay Saucier** for her support of my individualized major while at KSC. My career included my business, Camp Connection, offering day camps on college campuses and after-school programs on elementary school campuses. My partner of 26 years and I married last year. We have three granddaughters and live in Laguna Beach, CA. Equality rocks and so did my field hockey days at KSC."

Janet Kirby M'78 writes: "My summers at KSC 1973-77 were so very rich and rewarding. I received my Master of Elementary Education degree and taught first grade in Enfield, CT, for 30 years – have been retired for 16."

1979

Bill Reed
3 Mayfair Ln., Apt. 206
Nashua, NH 03063-7645
williamreed3@comcast.net

Martha Petrowski Laflamme
474 Second Ave.
Berlin, NH 03570-2334
mlaflamme@ccsnh.edu

1980

35TH REUNION
June 6 & 7, 2015

Allison Ashley-Bergstrom
abergstrom@sbcglobal.net

Cathy Stuart Zurek
78 Morse Ln.
Boxborough, MA 01719
zurek@comcast.net

1981

Nancy Colciaghi Pallas
6153 W. Fallen Leaf Ln.
Glendale, AZ 85310
tomnan@hotmail.com

1982

Catherine Gewanter
600 Willis Ave., Apt. 2L
Williston Park, NY 11596-1217
cfigo21@aol.com

Janet Carsten Shaffer
janetshaffer@verizon.net

1983

Patricia K. Hodgeman Bush
Berkshire School
245 N. Undermountain Rd.
Sheffield, MA 01257
pbush@berkshireschool.org

Jacqueline Haight DeFreze
502 Portsmouth Ave.
Greenland, NH 03840
jdefreze@yahoo.com

Valerie Belanger McKenney
31 Westwood Cir.
Dover, NH 03820
mikevalmckenney@comcast.net

1984

Mary Beth Lucas Connors
295 Megan Dr.
Manchester, NH 03109-5924
blarney7@comcast.net

Louise Perron Tetreault
4 Avon Ave.
Cumberland, RI 02864
lee4t@yahoo.com

Terri (McFall) Forsten has been living in central New Hampshire with her husband, **Bob Forsten '82** and their son, Erik. She is currently working as superintendent of schools in Laconia School District.

1985

30TH REUNION
June 6 & 7, 2015

Alison Ahmed
alisonjahmed@aol.com

Lisa A. Gagnon
12 Tack Ct.
Edgewater, MD 21037
lisa_gagnon@roberts.senate.gov

1986

Tori Berube
toriberube@aol.com

Michael Trabucco
mptrabucco@hotmail.com

Hi, classmates! **Michael Trabucco** here – again (I can just sense your eyes rolling), trying to make sure 1986 is represented in every issue of *Keene State Today*. I fell way behind in my duties (which some of you may call harassment) this time around, but here we are! (Thanks, Jillsy!) Just a reminder – our 30th reunion is one short year away. GET TO KEENE in 2016! Our 25th was a blast! Truly. So start planning now. Hire your babysitter, mark your calendars. No excuses. I promise, you will not regret it. Also, don't forget that we have a Facebook page – Keene State College Class of 1986 – and please consider writing a little something for our class notes! As always, you can send it to me via Facebook or email.

Jill Weiner Marocchini writes: "I'm living in Lebanon, CT, and have been keeping busy as a school administrator. I am currently working for CREC, supervising the special education and related service staff for five schools. I love it. I have three children: a sophomore in college and a senior and junior in high school. I have three stepchildren and two step-grandchildren. I am very complete."

Brian Monahan writes: "I retired after 22 years as a USAF pilot in 2010 and went to work for the Air Force as a contractor. Last year I was hired by a company in Nashua, NH, as a mission planning subject matter expert (SME), and now work on programming the avionics of multiple USAF aircraft. Currently I'm the lead SME for the KC46, the newest aircraft coming into the Air Force inventory. I frequently fly out to Seattle to Boeing Flight Test and work with multiple agencies ensuring the aircraft is capable of performing its worldwide mission. When the aircraft arrives at Pease Air National Guard Base in 2017 it will have done so using our software."

My wife **Dianna (Payne) '87** and I have three kids. Our oldest is an Air Force ROTC cadet who will be graduating from UNH this year with a mechanical engineering degree. He will be commissioned as a 2LT in the USAF and go on to be a space operations officer in Colorado Springs, CO. Our second son is a sophomore at Westminster College in Salt Lake City, working on a business/marketing degree. We also have a daughter who is a freshman at Coe-Brown Northwood Academy, played soccer for them this fall, and is now rehearsing with the theatre department for the NH Drama Festival. Dianna and I would like to wish everyone a happy 2015, and hopefully get to one of the alumni gatherings this year."

Joshua Tree, a film produced and co-written by **George F. Roberson**, won Best Director at the Mexico International Film Festival and Best Editing at the Cyprus International Film Festival. It was an official selection at the International Film Festival Bratislava and the Peloponnesian Corinthian International Film Festival. George is founder, publisher, and director of Collaborative Media International, a nongovernmental organization dedicated to furthering intercultural dialogue and multinational collaboration, research, and education.

1987

Lisa Corrette Livingstone
l.livingstone@verizon.net

Samantha Barrett McKinlay
2400 County Line Rd.
Ardmore, PA 19003
mckinlay3@comcast.net

Michelle Morris Ayer
41 Hemlock Rd.
Hingham, MA 02043
michelleayer@me.com

1988

Jeffrey LaValley
260 Connecticut Ave.
Springfield, MA 01104
jeff_lavalley1966@yahoo.com

Susan Lundgren Regan
79 Winthrop Rd.
Guilford, CT 06437

1989

Maribeth Marsico Gesler
mbmars@cox.net

1990

**25TH REUNION
June 6 & 7, 2015**

Lauren Aborjaily Griffin
17 Monhege Path
Marlborough, CT 06447

Shelly Brodeur Masson
shelly_m627@comcast.net

Maureen Cicchese Musseau
75 Pinehaven Dr.
Whitman, MA 02382
mmusseau@comcast.net

1991

Karen Dicey
kldicey@yahoo.com

Amy Eshelman
102 Newberry Rd.
East Haddam, CT 06423
alesheman@hotmail.com

Kathleen Kerr St. Germaine
19 Great Woods Rd.
Plymouth, MA 02360-1826
kathst@adelphia.net

1992

Joan Crosby Anderson
General Delivery
Wilmot Flat, NH 03287-9999

Kate Shepard Dugan
42 Middlefield Dr.
West Hartford, CT 06107
patedugan@snet.net

1993

Shelli Bienvenue Cook
18 Heathrow Ave.
Manchester, NH 03204
shellicook@yahoo.com

Seth M. Klaiman
2 Sweet Fern Trail
Saunderstown, RI 02874
smkri@aol.com

Charlene Durham of Glastonbury, CT, has been promoted to Senior Account Supervisor at Cronin and Company, a marketing

communications agency. Charlene, who has a master's degree from Wesleyan University, joined the company in 2008.

1994

Melissa Sawyer Bowler
158 Shaker Rd.
Canterbury, NH 03224
melissa@slgl.com

Dawn Deurell
17 Chestnut Cir.
Merrimack, NH 03054-6611
deurell@aol.com

Penny Rioux Joyal
106 N. Adams St.
Manchester, NH 03104
jsj1215@hotmail.com

1995

**20TH REUNION
June 6 & 7, 2015**

Cara H. Staus
arac95@yahoo.com

Erin Delude George
9 Bigelow Hill Rd.
Troy, NH 03465-2106
egeorge@aol.com

Jeffrey Newton has been named superintendent of schools in East Lyme, CT, the town where he grew up.

1996

Karen Holmes Reinhold
dccxi@comcast.net

Aaron Kay Sales Parker
5832 Wooded Acres Dr.
Knoxville, TN 37921
rparker924@comcast.net

1997

Danielle Dearborn Gagne
1587 Waterwells Rd.
Alfred Station, NY 14803
gagne@alfred.edu

1998

Deb Clogher Burleigh
44 Clinton Ave.
Budd Lake, NJ 07828
deborahclogher@yahoo.com

Lisa Demers Harvey
lharvey2010@comcast.net



Several alumni gathered in Newport News, VA, on October 4, 2014, to celebrate the marriage of **Carla Lessig '07** to **Jeremy Jackson**. **Becca (Fuller) Whitehead '07**, **Marc Pellerin '08**, **Adam Marcoux '07**, **Amy (Patryn) Kimble '08**, **Jordan Kimble '08**, **Brie Ito '07**, and **Josh Midgett '07** were in attendance.

Kristen Cranson Nelson
P.O. Box 208
Greenvale, NY 11548
kanelson02@hotmail.com

Nancy Noyes writes: "Following graduation, I spent 14 years teaching English at Hillsboro-Deering High School, in Hillsboro, NH. In 2011, I took a chance on the 'field trip of a lifetime' and began teaching high school English at a girls' private technical school in Abu Dhabi, in the United Arab Emirates. I taught there for two years and then headed home to help my parents with their end-of-life transition. I began teaching this school year in Amman, Jordan, at a new private school. It has been quite an international ride. I loved Abu Dhabi, but found the lifestyle to be very expensive. Jordan is slower paced. True, I no longer live on a beach on the inland waters of the Persian Gulf, across from the F-1 racing arena, or hear top-of-the-line concerts wafting across the water, but this seems to suit me for now. The students in both countries have taught me so much; it truly is a sharing of our cultures."

Bobby Gaudreau has been named vice president for sales and marketing at DealerRater, a car dealer review website. Bobby has an MBA from Northeastern and is working on a master's in organizational behavior and administration at Boston College.



Michelle (Eaton) Ahmed '07, and **Javaid Ahmed** (attended KSC from 2004-07), front, were married on October 4, 2014, at The Waterview in Monroe, CT. A number of Keene State alumni were in attendance, including bridesmaid **Leanne (Albrecht) Carroll '07**, groomsman **Scott Beliveau '04**, and many brothers of Phi Mu Delta. The couple currently live in Stamford, CT. Pictured left to right are: **Randy Hohlweck**, **Leanne (Albrecht) Carroll '07**, **Dan Trujillo '08**, **Tony Simoes '08**, **Sarah (Bruno) Dannecker '08**, **Jake Dannecker '08**, **Tyson Englehardt**, **Greg Imhoff '11**, **Scott Beliveau '04**, **Mark Garcia**.

Westminster, VT 05158
angela_watson7579@yahoo.com

Danielle Popyk
danielle.popyk@gmail.com

Ryan Harrington was married to Chi Yang in Taipei, Taiwan, on May 24, 2014.

2004

Alison (Thompson) Cizowski
101 McLellan Drive, Apt 1007
South San Francisco, CA 94080
aliti8@aol.com

IN THE NEWS: **Victoria Cimino '00** has been named director of the NH Division of Travel and Tourism Development. Link to the story in the NH Business Review at keene.edu/mag.

2005

**10TH REUNION
June 6 & 7, 2015**

Valerie Nettleton
497 Foster St.
South Windsor, CT 06074
vnettlel@yahoo.com

2006

Adam Wefers
154 Sagamore St., Apt. 2
Manchester, NH 03104
awefers84@hotmail.com

2008

Kelly A. Mullane
532 King Street
Chappaqua, NY 10514
kelly.a.mullane@gmail.com

2009

Amanda Ruest and 2nd Lt. **Cody Bisnett '10** are engaged.

Patrick Hardy has been named director of new member sales on the national team at the National Association of Manufacturers.

2010

**5TH REUNION
June 6 & 7, 2015**

Matt Gill
69 Conleys Grove Road
Derry NH 03038
mgillnh@gmail.com

Samantha Massahos '10 M'13 writes: "I wanted to share with you my story of how KSC was extremely helpful in helping me land my dream job! I graduated from KSC with a bachelor's in



Becky Lotstein '09 and Katie Cingari '11 were married, with many Keene State alumni in attendance: Taylor Rousselle '11, Missy DeLillo '11, Katelyn Gagnon '11, Joey Lotstein '13, Aimee Athnos '08, Erin Hupal '07, Lisa Pensiero '11, and Amy Granelli '14.

psychology and an MEd in school counseling in 2013. If it wasn't for KSC, Garry Gleckel, and others at the school I would not be working in the Haverhill Public School District in my dream job as a school counselor. When I was a master's student, Garry Gleckel connected me with Tracy Encarnacao at Alvirne High School,

where I completed my internship. Because of the skills I learned through the school counseling program, I stayed connected with Tracy. She relocated jobs and became the director of guidance at Haverhill High School, and when she had a job opening, because of our connection, she contacted me and I interviewed for the posi-

tion and got the job. I now work as a school counselor at Haverhill High School. If it wasn't for KSC's master's program and the amazing teachers and staff I would not be working my dream job. They taught me the skills and gave me the connections to 'go forth to serve.'"

2011

Kelly Payeur
766 Ocean Ave
Portland, ME 04101
kellypayeur@gmail.com

2013

Katie Bolvin wrote in December: "I'm living in Daegu, South Korea: the fourth largest city in Korea, smack-dab in the middle of the country. I have been working as an English teacher at Chilgok Middle School for the past four months. It's quite the experience! I love my students and most importantly I love my job. I've finally made it to Asia, which has been a goal since I was very young. But I don't think

this would have been possible without the Geography Department. Now at Chilgok Middle School the kids are preparing for finals, and the eighth-graders are studying for their high school entrance exams. But I am planning a two-week vacation backpacking in Thailand and Cambodia. Obviously, I'm bringing my camera! I'm so excited – me and my buddies are AT'ing around Cambodia!

"I will be in South Korea for the next year and two months. If I'm not out on the town in Daegu I am editing my footage for a travel documentary series."

2014

Jordan Chase, who is working on a master's degree in composition at the Longy School of Music at Bard College, was selected the winner of the Radius Ensemble's fourth annual Pappalardo Composition Competition. His wind quintet "Quintologue" was performed March 7 by the Radius Ensemble.



Viola Davis Horton '29
December 14, 2014

Beatrice Slater Moss '32
December 11, 2014

Janet Fletcher Haubrich '36
July 12, 2013

George D. Newman '36
January 19, 2010

Clarissa Edwards Ketcham '38
January 4, 2015

Marion Ellen Truell Sabin '38
February 12, 2015

Edward L. Tucker '38
December 4, 2006

Grace E. Blanchard '39
December 29, 2012

Dorothy Young Carruthers '40
February 25, 2015

Elizabeth Ludgate Gregory '41
June 8, 2014

Vera Wilson Merrifield '42
October 24, 2011

Bartlett C. Lund '43
October 27, 2014

Thelma Partridge Mitchell '46
March 10, 2015

Wallace E. Smith '47
April 17, 2008

Joyce Chickering Jernberg '48
January 23, 2015

Faith Goldsmith Armington '49
October 19, 2014

Kenneth Snow '49
August 2, 2014

James Wheeler '50
December 20, 2014

Sarah "Sally" Byrne '51
December 6, 2014

Betty Sowers Coogan '51
August 7, 2014

Eugene Haight '52
June 29, 2014

William Weston '53
January 7, 2015

Salvatore Grasso '54
November 4, 2014

Carolyn Greene Benoit '55
November 29, 2014

Paul F. Allen '56
July 19, 2013

Patricia Grandy Dickinson '56
July 15, 2013

Frances Perrin Dutille '57
February 9, 2015

Michael J. N. Tierney '57
November 26, 2014

Paul H. Davidson '58
February 10, 2015

Louise Putney Remington '58
October 17, 2013

Howard L. Main Jr. '59
November 10, 2014

Raymond J. Ross M'59
November 16, 2014

Kenneth C. Haarala '60
January 17, 2014

Phyllis Zarnowski White '60
August 3, 2014

H. Charles Royce Jr. '61
November 3, 2014

Robert J. Woitkowski '61
November 29, 2013

Patricia Reed Doolan '62
March 3, 2015

James "Pepper" Anderson '62
February 4, 2015

Patricia Doody Allen M'64
December 10, 2014

Marjorie A. Nims M'65
December 10, 2014

Norman L. Tilton '66
November 2, 2014

Marilyn Robbins Jarvis '67
January 28, 2015

Floris Johnson Batchelder '68 M'75

December 14, 2005

Gary J. Kernozicky '69
May 14, 2012

P. Douglas Wakeman '69
October 15, 2014

Lillian Royce '70
December 30, 2014

Lois Stearns M'71
February 28, 2015

Jean H. Hollar M'71
December 2, 2014

Peter H. Smithers '72
August 25, 2014

In Memoriam

Paul Metzger '75
January 26, 2015

Karen Piermarini Mimnaugh '76
October 20, 2011

Robin Christine Aldridge '78
December 5, 2014

JoAnn Miller '78
December 25, 2014

Mark Dundas '79
December 24, 2014

David R. Dupont '80
February 18, 2012

Corene U. Hall '81
October 29, 2014

Susan Coyne Cohen '82
September 14, 2014

David R. Landry '83
October 27, 2014

Janice M. MacDonald '89
December 15, 2014

Jennifer Primak Weiss '95
January 8, 2015

Donald R. Hart '97
November 3, 2014

Emily E. Landis '07 M'08
August 12, 2010

Elizabeth Redmond-Murphy '07
December 7, 2014

Brandon L. Russell '11
October 29, 2014

* Deaths reported as of March 21, 2015.

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Newsline

Want to know more about your classmates and what's happening on campus? Check out Newsline (keene.edu/alumni/newsline), our news blog aimed at alumni and parents. We post news as it comes in, but make sure you're on the list for the monthly email wrap up. It's a handy way to keep abreast of the best from Keene State. Done something outstanding? Know another Keene State grad who's done something newsworthy? Let us know! Email mreynolds@keene.edu.

NEXT CLASS NOTES DEADLINE:
FALL ISSUE: JUNE 15
Mail or email to your class secretary or to classnotes@keene.edu or Alumni Center, Keene State College, 229 Main St., Keene NH 03435-2701.

UPCOMING ALUMNI EVENTS 2015

For more information and updates go to keene.edu/events/calendar

MAY

May 14 **Boston Area Alumni Social**
Rattlesnake Bar & Grill, Boylston St., Boston, MA

JUNE

June 6 & 7 **All Alumni Reunion**
KSC Campus, Keene, NH

June 24 **Athletic Training Alumni Social**
Hannegan's Restaurant & Pub, St. Louis, MO

June 25 **Golden Circle Society Luncheon**
Makris, Concord NH

JULY

July 9 **All Alumni MV Mount Sunapee Cruise**
Lake Sunapee, Bradford, NH

July 29 **Golden Circle Society Luncheon**
College Camp on Wilson Pond, Swanzey, NH



Stay up to date by:

- Checking the events page at www.keene.edu/alumni
- Liking us on Facebook: Keene State College Alumni
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AUGUST

August 12 **Golden Circle Society Luncheon**
Harts Turkey Farm, Meredith, NH

August 23 **All Alumni Red Sox Outing**
Fenway Park, Boston, MA

SEPTEMBER

September 10 **All Alumni North Country Lunch**
Maplewood Golf Club, Bethlehem, NH

OCTOBER

October 14 **Golden Circle Society Luncheon**
Portsmouth Country Club, Greenland, NH

NOVEMBER

November 5 **All Alumni North Country Lunch**
Executive Court Conf. Center, Manchester, NH