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.

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A column from President Anne E. Huot.

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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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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 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 training, and psychology and will go on to help others get healthy and stay healthy. Many are taking courses in fields like nursing, health science, physical therapy, 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 keep 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 these choices.

Be happy, and be well.
n 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 team 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 CTE Labs, he lives in Harwich, Massachusetts, on Cape Cod.

He’s lucky, he says. He has 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 MickF60/NERunner

STRESS IS AN EPIDEMIC IN OUR SOCIETY, says Jeanelle Boyer, who has taught yoga in Keene since 2003. “It’s 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 devotion. “I think it’s wonderful for anyone who’s dealing with an 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.”

On the Road, Again and Again

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

Freling, 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, Freling 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, Freling 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.

Freling 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, 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 of 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.”

Freling 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 Freling 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 Freling 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.
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 Environmental Sustainability, 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 of foods that low-income families are getting, while also trying to expand the customer base for 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.

Overnight Banana Walnut Chia Oats

1 cup unsweetened vanilla almond milk
½ cup rolled oats
½ banana, mashed
1 ¼ cup chia seeds
2 tbsp honey or maple syrup
2 tbsp dried cranberries or raisins
Toppings: remaining ½ banana, thinly sliced, and 2 tbsp slivered nuts

Directions:
In a pint-size mason jar, add all ingredients except for the sliced bananas 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 ½ cups old-fashioned rolled oats
1 ⅔ cup rolled oats
1 ½ cups dried almonds
2 tbsp sunflower seeds
¼ cup dried cranberries or cherries
¼ tsp cinnamon
¼ tsp ground ginger
½ 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 ½ lemon (3 tbsp)
2 tbsp olive oil
¼ 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 Sini’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.
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 work with the Cheshire Coalition for Tobacco Free Communities as well as Joy’s Network, a local support agency and sideline 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 State 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

Mindfulness Means I’m Paying Attention

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

By Tom Bassarear

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 Siddhartha Mukherjee’s 2011 Pulitzer Prize winner recounts the story of cancer from a scientific, historical, and cultural perspective.

In 1951, became one of the most

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.

About two-thirds of the students find that texting, messaging, Facebook, and so on. Our bodies provide a jolt of the hormones that mindfulness has huge benefits.”

“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 us 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.

Mindful of the body

To get on automatic pilot. ‘I’ve seen roses before!’ But you haven’t seen these roses before.”

“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.”

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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/mind.

Photos: Tom Bassarear

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Photos: Tom Bassarear
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 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, and War: A drop-in 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, romantic relationships, but relationships with themselves and with others, whether it’s their roommates or their parents or their friends,” 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 is 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

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.

“People need to be viewed with empathy and humanity.”
ike 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.

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.

The wellness benefit of the program goes beyond the obvious. The bike recipients gain a terrific way to get exercise (and get beyond the obvious. The bike recipients gain a terrific way to get exercise (and get away from the computer and the phone). There’s also a lot of good will from the kids and adults—people are happy to 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 rebuffed bicycles, to the donors—who, he says, frequently find themselves unexpectedly moved by the words of the new bike owners.

“Little did I know that we were going to embark on a wellness program initiative that was much bigger than I had envisioned,” 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 2013, Hypertherm also began offering primary care to employees and to their families through the HAWC.

“Doing the Right Thing for Workers and the Company”
TAKING HEALTH CARE ON THE ROAD

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.

Community outreach event for sun safety, and I may have influenced some of those participants to wear sunscreen 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 Cost 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 40 hours a week, 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

KEENE STATE TODAY
The ‘Anti-Diet’ Dietitian

With a background as a registered dietician, 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.

“Our goal is to help you find your own voice 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 dietician 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

She worked at a high-end gym there and then went on to be certified as a registered dietician. She worked as a dietician 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 dietician is to help create positive change in people – whatever that means for them,” she says.

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Cait Croteau ’09

‘WELL’ LIFE

A partnership based on mutual respect and trust has developed over the years

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

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

n 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 lying 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. Afsohia 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 health care to groups that were otherwise denied access to this basic human right, and serve as a training facility for professionals in health care to groups that were otherwise denied access to this basic human right, and serve as a training facility for professionals

KEENE STATE TODAY

healthcare project at keene. edu/mag.

Photo: Rwandan visitors Betty Mutesi and Afsohia 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.
Do students who live a healthy lifestyle do better in school? You bet.

M arjorie 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 Remia 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, 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 a 2.2 to 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 scare badly on the report card,” he says.

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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 who 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 sassy, 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.”

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 Deerin, 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 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

Margaret Colburn. Photo by Mark Reynolds

Visit keene.edu/mag to see videos of Doris and Margaret.
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 him sign their guest book and brought them up to date on her family. She said that when her family leaves, they wove to her from the parking lot. Norma and Jan made sure they stopped, and there was Margaret, waving from her window.

1934
Doris McCauley Reidel wrote a lovely note to the Golden Circle luncheon ’51. Good health and saying she looked forward to her next visit.

1941
Barbara Jeffrey Stimson 678 Petaluma Rd. Bath, NH 03740

80TH REUNION
June 6 & 7, 2015
Bernice Adams Michael always sends the most beautiful Christ- mas cards. We hope she joins the Golden Circle again at Hart’s Turkey Farm in August.

Ruth “Bunny” Berry Dodge at- tended the annual Golden Circle luncheon held at Havenwood in Concord. She is always happy to spend time with because of her warm smile and sense of humor.

1940
Phyllis Osgood Bean remembers that when her 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.

1942
Peggy Smith Campbell 143 Crocker St. East Palatka, FL. 32131

We send sympathy to the family of Dorothy Young Carruthers, who died in late February. In January she celebrated her 96th birthday. 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 exercise, especially swimming. Grace Mudgett Dayton lives nearby, and during the Christmas season when Barb has company she takes them 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 pleased that her sister Beverly played the piano whenever we were singing. Stay well Barb.”

1944
Rosina Diggio 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 Oreg- on. 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
We have an address for Lois Moore Queiring, who is in a nurs- ing home in Orlando, FL.

“Christine Sweeney” joins our group of Keene State volunteers whenever we have school lunches or a Keene State event. “It is so sad to hear that Bart Lund died recently. He was an active member of our club.”

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

“We had a busy summer. We drove to Sand Pond several times. In August 2014 Clifford and Carolyn Wyntott Goodwill celebrated their 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.” Thank you.

1946
Marjorie Howe Herlin writes that she looked forward to seeing her old classmates and former students.

“Thirteen of them are First Lady dolls and designing and sewing, especially swimming. Grace Mudgett Dayton lives nearby, and during the Christmas season when Barb has company she takes them to visit Grace. Thanks for your notes, Barb.”
In the last issue of 75 Pleasant St. A207
Ruth Washburn

We extend our sympathies to Shirley Ring because her daughter lives nearby to attend more of the Golden Circle luncheon at Portsmouth High School as she also writes: “She was Shirley calling it to our attention!”
Blodgett Fisher Washburn for thanks to class secretary Ruth Rolston Martell who, sadly, died in January.

Brigida Saladino Mosley was a hostess at the November Golden Circle luncheon held at J.P. Steak- ners in Portsmouth, NH. She joined her family as they spent some time in ski country. Dreyaw said the sitting looked great to read a book and did puzzles.

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

1947 Ruth Washburn 78 Pleasant St. A207 East Longmeadow, MA 01028 w.b.charter.net

In the last issue of Keene State Today, we erroneously identified Shirley Rolston Mattal as “Shirley Rowe”. 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 Marlett. 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 Nor- man in Warner, and we both said we appreciated Winnie Langtry ‘32’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 get- ting around town and short trips, but as I am now on a medication that makes me very dizzy, 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 Port- land to Portsmouth for it either. I will not make the July one at Col- lege Camp in Swanzey, either. It is very disappointing as I have always been attending as many as possible for many years. Time and good health I have to manage a way of life. Hopefully I will be able to find someone to go with me in time! Never say die’s my motto!”

Ellie Hughpl Gillf Lowdon 35 Melville St. Lily Pond Overlook Pisces Cat, 02559 emuloduo23@comcast.net

1949

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 Jern- berg, who, sadly, died in January.
Jean Harding Maxwell wrote that in October her dear husband Reg- small passed away. He became a very familiar figure at reunions and special events on campus be- cause he would drive Jean down from Colebrook. Sometimes they would stop and get some goody to eat in the same day, and sometimes they would stop over. Jean said he loved the College almost as much as she does.

1950

Elise Hughpl Gillf Lowdon 35 Melville St. Lily Pond Overlook Pisces Cat, 02559 emuloduo23@comcast.net

1951 Norma Wright Walker 19 Eaton St. Swanzey, NH 03446 walker.noma@gmail.com

From class secretary Norma Wal- ker: “A beautiful card with pictures of some of the well- known flowers that grow in Texas was received from Elise 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, Elise.

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

‘Charlie Pimpom would appreci- ately 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 Warren, MO.

‘Elaine Schmidt Chelsey 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 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 have the annual sum- mer trip to New Hampshire this past summer. However, this year they plan to be in New Hamp- shire for the 4th of July to join in

1952

Wendell Woodbury Landscape 50 Evergreen Lane Contoocook, NH 03229 langtry@mcwhole.com

1953

Donald J. Johnson 695 Clement Hill Rd. Dresden, NH 03244 dji@nps.com

Irene DiMeco Parent 27 Lashua Rd. Ashburnham, MA 01430 beq72iap@comcast.net

Claire Waterhouse Simensen 17 Sullivan Ct. Salem, NH 03079 cw603@comcast.net

Don Carl 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.”

Martha had her family as they spent 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” entered from Eleanor Doree 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 Ridge. Del Langille also attended.

“I want to thank all of my class- mates who sent holiday greetings to others. To be thanked are Audrey Tucker Starkey, Ruth Bickford Peck, Dot and Stan Johnson, Richard Rogers, and my roommate Rita Hayes Evans.

‘I was glad I could attend our class reunion. My oldest grandson to the British is coming home this summer. I see Charlotte about once a week. Winnie Langtry has been great about visiting 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 com- petitive. The woman’s soccer team is in first place as of October 14. The men’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. ‘I talked with Dick Lord recently and the conversation centered on sports.”

1954

June Haymon 3247 Lucerne St. Bronx, NY 10466 juneoal@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 Ramsey Weston, Dorothy Bush- nell Burden, Patricia McMahon Clark, Marie Bergeron Droope, Joy Johnson Falkenham, Caro- lyn Leea Fleming, June Hese Haymon, Beverley Blasenak Scolum, and Louise Mongeon Toomey. The events were enjoy- able, 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 Re- serves after 30 years, so he finally has weekends to enjoy with his wife and daughter.”

From Marie Bergeron Droope: “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 curi- ous 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 Ramsey Weston: “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 fam- ily and lots of new friends. Taking my oldest grandson to the British isle to sober up. Can’t wait to see Scotland.”

Beverley Blasenak Scolum writes that she gets together with Jane and Dean ‘53 Corrigan two or three times a year for a lunch.

1955

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Mary Cecilia Gilne writes: “For over 20 years now, a small group of classmates has come together every July at the summer home of Anita Stokes on Northwest Lake in New Hampshire: Dottie Binmore Greene and husband, Scotty; Millie Inglis Tidwell 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 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 Charlotte, MA. There are four grandsons and two granddaughters, as well as two great-granddaughters, ages eight and more to come.”

“I am doing well and keep busy with church committees and handbaling ring, exercise classes, and crafts.”

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

“I have three grown children: a son and two daughters-in-law with 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.”

“Anita prepared 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.”

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with her friends/liaison, 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 Branden, who pulled together the biggest turnout of the class of ’64 ever at KSC. We had 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 scholars’ give back process. I want to extend my 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 future years.”

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With this sense of community in mind, it was fitting that the Class of ’64 reunion dinner was held in the Student Center at the University of the Arts. The enthusiasm was palpable as alumni reunited with old friends and shared memories of their college years. The evening began with a 30th anniversary celebration, followed by a buffet dinner and live entertainment. Attendees enjoyed speeches from the president and faculty members, as well as special performances by the university’s music department.

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The highlight of the weekend was the reunion dinner at the Student Center. The atmosphere was electric as alumni mingled and shared stories from their college days. The food was delicious, and the company even better. As the night drew to a close, everyone agreed that it was a memorable and enjoyable experience.

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Among the highlights of the weekend was the reunion dinner at the Student Center. The atmosphere was electric as alumni mingled and shared stories from their college days. The food was delicious, and the company even better. As the night drew to a close, everyone agreed that it was a memorable and enjoyable experience.

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The weekend concluded with a closing event at the Student Center, where alumni were able to visit with friends and family, enjoy live music, and bid farewell to their college days. The weekend was a testament to the enduring bond that the Class of ’64 shares, and a reminder of the importance of maintaining these connections.

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I frequently fly out to Seattle to subject matter expert (SME), and was hired by a company in Nash-
Becky Lobstein ’09 and Katie Cingari ’11 were married, with many Keene State alumni in attendance. Taylor Rousselle ’11, Missy DeLillo ’11, Katelyn Gagnon ’11, Joey Lobstein ’13, Almea Athnos ’08, Erin Nupal ’07, Lisa Panzello ’11, and Amy Graneli ’14.

This would have been possible without the Geography Department. Now at Chigih 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. Otherwise, I’m bringing my camera! I’m so excited – me and my buddies are ATVing 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.”

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 “Quintalogue” was performed March 7 by the Radius Ensemble.

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 ’62
August 7, 2014

Eugene Haight ’52
June 29, 2014

William Weston ’53
January 7, 2015

Salvatore Grasso ’54
November 4, 2014

Carolyn Greene Benoît ’55
November 29, 2014

Paul F. Allen ’56
July 19, 2013

Patricia Grandy Dickinson ’56
July 15, 2013

Frances Perrin Dullitt ’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 7, 2015

Phyllis Zarnowski White ’60
December 3, 2014

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

Robert J. Wulczkowki ’61
November 29, 2013

Patricia Reed Doolan ’62
March 3, 2015

James “Pepper” Enderson ’62
February 4, 2015

Patricia Doody Allen M’64
December 10, 2014

Marjorie A. Nims M’65
November 2, 2014

Norman L. Titton ’66
November 2, 2014

Marilyn Robbins Jarvis ’67
January 38, 2015

Floria Johnson Batchelder ’68
M’75
December 14, 2005

Gary J. Kernosicky ’69
May 14, 2012

P. Douglas Wakanem ’69
October 15, 2014

Lillian Royce ’70
December 30, 2014

Lois Steams M’71
February 28, 2015

Jean H. Holler M’71
December 2, 2014

Peter H. Smithers ’72
August 25, 2014

Paul Metzger ’75
January 26, 2015

Karen Parmarinni Mimmagha ’78
October 25, 2011

Robin Christine Aldridge ’78
December 5, 2014

Mark Dunns ’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

Betty Sowers Coogan ’82
December 6, 2014

Marjorie A. Nims M’83
November 2, 2014

Norman L. Titton ’84
November 2, 2014

Marilyn Robbins Jarvis ’87
December 38, 2015

Jennifer Primm Weiss ’95
January 8, 2015

Donald R. Hart ’97
November 3, 2013

Emily L. Landis ’07 M’08
August 15, 2012

Elizabeth Redmond-Murphy ’07
December 7, 2014

Brandon L. Russell ’11
October 29, 2014

In Memoriam

* Deaths reported as of March 21, 2015.
## UPCOMING ALUMNI EVENTS 2015

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<th>Month</th>
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<th>Event</th>
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<td><strong>MAY</strong></td>
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<tr>
<td>May 14</td>
<td>Boston Area Alumni Social</td>
<td>Rattlesnake Bar &amp; Grill, Boylston St., Boston, MA</td>
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<td><strong>JUNE</strong></td>
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<tr>
<td>June 6 &amp; 7</td>
<td>All Alumni Reunion</td>
<td>KSC Campus, Keene, NH</td>
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<td>June 24</td>
<td>Athletic Training Alumni Social</td>
<td>Hannegan’s Restaurant &amp; Pub, St. Louis, MO</td>
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<td>June 25</td>
<td>Golden Circle Society Luncheon</td>
<td>Makris, Concord NH</td>
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<td><strong>JULY</strong></td>
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<td>July 9</td>
<td>All Alumni MV Mount Sunapee Cruise</td>
<td>Lake Sunapee, Bradford, NH</td>
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<td>July 29</td>
<td>Golden Circle Society Luncheon</td>
<td>College Camp on Wilson Pond, Swanzey, NH</td>
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<td><strong>AUGUST</strong></td>
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<td>August 12</td>
<td>Golden Circle Society Luncheon</td>
<td>Harts Turkey Farm, Meredith, NH</td>
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<td>August 23</td>
<td>All Alumni Red Sox Outing</td>
<td>Fenway Park, Boston, MA</td>
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<td><strong>SEPTEMBER</strong></td>
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<td>September 10</td>
<td>All Alumni North Country Lunch</td>
<td>Maplewood Golf Club, Bethlehem, NH</td>
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<td><strong>OCTOBER</strong></td>
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<tr>
<td>October 14</td>
<td>Golden Circle Society Luncheon</td>
<td>Portsmouth Country Club, Greenland, NH</td>
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<td><strong>NOVEMBER</strong></td>
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<tr>
<td>November 5</td>
<td>All Alumni North Country Lunch</td>
<td>Executive Court Conf. Center, Manchester, NH</td>
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