

THE MAGAZINE FOR ALUMNI AND FRIENDS

The Food Issue

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STATE COLLEGE

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The Food Issue: What Keene State Brings to the Table

Think of this issue of *Keene State Today* as a sumptuous buffet. We've gathered together a smorgasbord of mini-features about food – from farm to table to compost and beyond – for your reading pleasure. We invite you to sample the offerings and learn about alumni farmers and chefs, faculty research, student travel, lunch at the Zorn Dining Commons, and more – all focusing on the topic of food. For “dessert,” you'll find food for thought in a section called “Digesting.” Bon appétit, and happy reading.

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On the cover: A foodie bookshelf. Photo by William Wrobel '11, design by Tim Thrasher

Inside Cover: In Keene State's Food Lab, Kerianne Hausmann '15 chops parsley to add to an Indian dish. Photo by William Wrobel '11

Online Only

Visit keene.edu/mag for special online-only content, including photos, recipes, and a list of restaurants owned or staffed by KSC alumni.

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Science and Food: *The Scientist and the Cook*

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

I love the challenge of the experiment, the excitement of the outcome, and the continual opportunity to improve on the protocol. Throughout my career as a scientist my team has brainstormed ideas, researched the most relevant literature to influence those ideas, tested hypotheses, and used the data from our experiments to refine and improve the protocol until we hit on the one that gives us reliable, valid results leading to important conclusions once the data are synthesized.

Sounds much like cooking – I love pondering the menu, the challenge of a new recipe, the joy and agony of the result, and the chance to continually make it better. I love



being in the kitchen testing new ideas and treating anyone I can interest to be part of the experiment. Joanne and I are well known for group cooking extravaganzas in our home. We buy the ingredients, you create the masterpiece. We also enjoy treating our friends to dishes that we have prepared. But, be forewarned that at least one of the dishes you'll get a chance to sample will be a new tool in our kit and something we are trying for the first time. On average, it all works out, but once in a while the experiment is a bust and we order out for pizza! Yet, I rarely give up on a recipe. So, when the first try is a bust I typically research the cooking literature, hone the idea, adjust the recipe, and give it another go.

Joanne has perfected the recipe for Panna Cotta included below. We encourage you to give it a try, experiment with the toppings – but don't mess with the rest of it, lest you have to call out for cookies for your dinner guests.

Panna Cotta

This elegant dessert is simple to prepare and will turn dinner into a very special one. I first enjoyed Panna Cotta at Trattoria Delia in Burlington, Vermont, and have been attempting to replicate it ever since. The recipe below is adapted from Epicurean.com.

3 cups whipping cream, preferably not ultra-pasteurized

6 tbsp sweetened condensed milk

1 tsp vanilla

1 envelope plus $\frac{3}{4}$ tsp unflavored gelatin

Stir together cream, sweetened condensed milk, and vanilla in a small saucepan. Sprinkle gelatin on top and allow to stand 5 minutes. Scald mixture over medium-low heat until small bubbles form around periphery, stirring often.

Pour into 6 lightly oiled 6-ounce ramekins or custard cups. Cover lightly with plastic wrap and refrigerate for at least 4 hours (or up to 3 days). To unmold, run a small metal spatula around the inside edge of each ramekin, place a serving plate over the top of the ramekin, and invert. Garnish with your favorite toppings (pictured at right with chocolate sauce and mixed berries).



– Joanne Cepelak

Photo by
Joanne Cepelak

How a 'Growing' Passion Led to an Internship, Which Led to a Job

Jennifer Close, a recent KSC graduate, writes about the path from a communication and philosophy degree to a real-world career.

In the fall of 2009, I worked with Professor Mark Long on an American Studies internship. At the time, I was heavily immersed in my environmental philosophy studies at the College and was searching for a way to apply what I was learning to the real world. I was fortunate enough to land a seasonal internship with a local group of dedicated and experienced landscape gardeners.

That internship taught me a lot about the New England garden and about my region and community. Through the work in the gardens and the supplemental reading and writing assignments Professor Long gave me, an enticing future opened up to me. I had found my passion – the physical manifestation of the philosophical foundation I had come to embrace.

When I'd finished the internship, I started my own little garden landscape company and worked for three seasons at various homes in the area. I did well, but working on my own didn't give me as much of an opportunity to learn from other, more experienced gardeners, and I wanted that. Fortunately, I began to supplement my garden work with winter and part-time summer work at the W. S. Badger Company in Gilsun, New Hampshire.

At the time, the Badger Company operated out of a little white house in the center of town, but the growing company was finding itself in need of a much larger working space. Following its commitment to environmental responsibility, Badger bought a nearby sandpit and built a new facility that meets the LEED Silver standard for environmental building design.

The company also committed itself to restoring the land. I got to jump in on this project as a founding farmer and gardener of the Badger Ecology Center. I am now in the second season of this project as the Ecology Center coordinator and the land is flourishing with organic and biodynamic vegetable gardens, medicinal and native-pollinator-attractant flower beds, rich compost piles, herbal walks, fruit and nut trees, beehives, and clover fields. The organic produce we grow is used in the daily staff lunches. We've also started a workshop series that brings in local experts to share their skills and knowledge with interested community members.

My journey has been full of hard work, delight, and creative problem solving, and I have learned so very much. It's fun to think back to when I sat down with Professor Long to decide how to structure and title my internship. We decided to call it "Ecology of the New England Garden." It was just a course name on paper then, but now I live and breathe it each day!

– Jennifer Close '13



Courtesy photo

Jennifer Close

Bill Foshier '85: 'Nomadic Shepherd of the 21st Century'

Growing up in rural Surry, New Hampshire, just north of Keene (where his dad, Frederick J. Foshier, taught English at Keene State), Bill Foshier had classmates who lived on farms, but he didn't have any direct farming experience himself. "Frankly," he says, "the fact that we didn't have a vegetable garden was something that I took a little bit of pride in, because it meant that we could afford to buy our groceries at the store."

Still, eight years after graduating from Keene State with a journalism degree, Foshier chucked his newspaper job and turned his vegetable and livestock farming hobby into a full-time endeavor. "I've been trying to make a go of the farming thing ever since," he says, "with varying degrees of success." The life suits him, he finds, and while he's had to occasionally pick up extra work to supplement his income (once, memorably, he worked in a psychic call center for \$6 an hour), he's still farming 20 years later.

Foshier's Edgefield Farm, based in Westmoreland and Chesterfield, New Hampshire, is made up of 80 acres of other people's property – fields and pastures where he grows vegetables and raises sheep, chickens, turkeys, and pigs in exchange for improving the

land through rotational grazing and other restorative techniques. His soil is healthy and productive; his animals are free range and humanely raised.

Foshier sells his produce, eggs, and meats through the Keene Farmers' Market and several specialty grocers in southwestern New Hampshire and southeastern Vermont; they're also found on the menus of The Restaurant at Burdick Chocolate in Walpole and Popolo restaurant in Bellow's Falls.

Customers for farms like Edgefield – small-scale and committed to working in harmony with nature and to animal welfare – typically fall into two categories, according to Foshier: older folks who grew up eating farm-raised meat and who find the supermarket varieties flavorless, and young hipsters who are concerned about the environment, the treatment of livestock, and keeping their money in the local community.

Foshier, who shares all of those concerns, notes that, especially with meats, "age is flavor." He grows his animals slowly. Compare, for example, the 42-day lifespan of a commercial chicken to 10 to 11 weeks for an Edgefield Farm chicken. Add to that the fact that his birds roam free in a large outdoor enclosure and that no water is added to the poultry before it's sold, and you've got yourself a tasty main course.

"The main reason I do things the way I do is because I think the stuff tastes better," says Foshier. Visit his website at edgefieldsheep.com.



Bill Foshier and Zeus, a Great Pyrenees livestock guardian dog. Courtesy photo



Early Sprouts: Planting the Seeds of Healthy Eating

Want to get your kids to eat their vegetables? Try getting them involved in food from the ground up – literally. “There’s much more buy-in if you grow it yourself,” says Karrie Kalich, professor of health science at Keene State, who dreamed up a program in which young children take part in planting and tending a vegetable garden and then cooking and eating the vegetables they’ve grown.


Early Sprouts, a collaboration of the College’s Health Science and Early Childhood Education departments, provides a gardening and nutrition curriculum that’s now in use in many preschools nationwide. The program also provides online training for individuals, groups, and preschools, along with ideas for helping develop healthy eating habits in children.

So, what about getting those veggies – and the nutrients they contain – into your children? Here are some suggestions from Early Sprouts:

- Engage children in growing, harvesting, and preparing their own food.
- Never assume children won’t like a particular food. If they respond with “I don’t like it,” reply “You don’t like it yet” – this establishes the concept that our tastes evolve over time, and that they may enjoy the food the next time they try it.
- Expose them to healthy foods numerous times (three or four isn’t enough, research shows). “They may reject broccoli the first 12 times,” says Kalich, “but they might eat it on the 13th.”
- Have children serve themselves, family style, encouraging them to listen to their

bodies’ signals to decide how much they want. Don’t force them to eat something they don’t want to eat, but encourage them to look at, smell, and even touch it. Don’t insist they “clean the plate.”

- Don’t “hide” vegetables by sneaking them into other foods. It may get them to eat the vegetables, but it won’t help them develop healthy eating habits.

 Learn more about Early Sprouts online at keene.edu/mag.

Vegetable Fritters

2 large carrots
2 medium zucchini
2 medium summer squash
1 cup white whole wheat pasta flour or whole wheat pastry flour
2/3 cup sharp cheddar cheese, shredded
1/2 tsp salt
1/2 tsp ground black pepper
4 large eggs, lightly beaten
Nonstick cooking spray

With coarse shredder or food processor, shred carrot, zucchini, and squash. In medium bowl, mix shredded vegetables with flour, cheese, salt, pepper, and eggs. Spray large nonstick skillet lightly with nonstick cooking spray and heat on medium or use electric griddle set at 325. Gently drop 1/4 cup servings of vegetable mixture into skillet, flattening each fritter slightly to about 3 inches in diameter. Cook several fritters at a time, turning every 4-5 minutes, until golden brown. Serve slightly cooled or keep warm in low oven until all are cooked. Makes 15 servings.

– From The Early Sprouts Cookbook



Courtesy photos

LESSONS IN LETTUCE

Education professor Deborah Black's classes are growing.

After a successful first run growing hydroponic lettuce with Keene State student participation in an elementary classroom in Winchester, she's moved on to New Hampshire's North Country.

Students in a new Winchester classroom have been instructed in growing lettuce in PVC pipes and will then use Skype to teach third-graders in Berlin, New Hampshire, the same skills. The students have been preparing for the lesson by exchanging letters, and KSC student teacher Madison Rosa will be conducting the co-investigation. In addition to the KSC students (and student teachers) who've had the opportunity to do this work with Black, film student Caroline Hall documented the project in a student film, *Addressing Food Insecurity: Helping Young Students Grow Food Hydroponically*. And Black and science professor Sally Jean were able to present on their project at the National Science Teachers Association annual conference in Austin this summer.

— Lucy Webb



Courtesy photo

Professor Deborah Black tends hydroponically grown lettuce.

Home Grown . . . At the Dining Commons



Shortly after the end of the 2012-13 academic year, a few odd-looking white contraptions that had mysteriously appeared near the east-facing windows of Zorn Dining Commons had faculty and staff scratching their heads. Were they containers of some sort? But what were they meant to contain? By the time students returned for the fall semester, the answer was becoming clear: leafy greens were popping up and spilling out of the many compartments of the containers, which had by then revealed themselves to be hydroponic growing systems.

The idea came from Paul Strifolino, assistant vice president of student affairs. Katie Featherstone, who runs the greenhouse atop the Putnam Science Center, started the seeds. Student workers monitor, feed, and water the plants, which grow in a nutrient solution without soil.

The first harvest, on October 9, yielded romaine and green leaf lettuce, spinach, chard, and cilantro – enough for about 50 salads. The idea is not to replace the Dining Commons' supply of greens, notes the Zorn's executive chef, Richard Ducharme, but to add color and beauty to the dining hall and raise awareness among students about the process of growing foods – like the fact that while it takes only seconds to discard uneaten lettuce, it takes two months to grow it. "Hopefully we can deliver that message routinely," says Ducharme.

Keeping Yogurt Makers Safe and Happy

When you think of processed food, you may think about where it comes from or how it gets to your plate, but what about the people who make it?



Sean Dillon '95

We talked with Sean Dillon '95, senior manager of environmental health & safety and engagement at Stonyfield Yogurt, about his job and what it's like to work in the food industry.

After graduating with a double major in business administration and occupational safety, Dillon found work in the manufacturing field. He signed on with the Manchester, New Hampshire-based organic yogurt company in 2007 and is now in charge of two areas of the business – ensuring compliance with government regulations to keep workers safe and making the workplace more enjoyable for employees.

Dillon is particularly proud of Stonyfield's commitment to sustainability. "We don't do it as a PR campaign," he says, noting that the company's supply and development team looks carefully at the ingredients that go into the yogurt and where they are sourced. The idea is to create the best possible product for consumers and to support organic farms from all over the country. The yogurt's "organic" designation means

no persistent pesticides have been used in the ingredients, he says, adding that Stonyfield's emphasis on the environment and sustainability align with his own values – and are what initially drew him to the company. "We're a very environmentally conscious company," he says. "We're doing these things because we feel it's the right thing to do."

Dillon's job includes ensuring that employees are engaged in their work. "What I've seen, in the short time that I've been here, is that when you have fully engaged employees who understand the strategic plan as a business, they understand the role that they play in it as employees here, and they're happy coming to work every day. Everything just falls in line." Happy employees, he notes, can help make a better product.

When he's not striving to make Stonyfield a safe and happy place, you'll be sure to find Dillon at his desk, enjoying his favorite yogurt: Stonyfield's Greek Pineapple.

– Jess Lulka '14

Soda with a Global Perspective

Sure, you want your soda to have an impact on your taste buds. But soda that has a big impact socially and a small impact environmentally? Now that's worth rooting for. Or, if you'll excuse the pun, root-beering for – as in Maine Root, a line of Fair Trade Certified, organically sweetened sodas in flavors that range from blueberry to pumpkin pie to the company's signature root beer. "My education has always kept me thinking about things from a global perspective, in that whatever choices we make in life have an impact," says Matthew Seiler '91, Maine Root's founder and owner.

After earning a degree in environmental studies and geology from Keene State, Seiler studied hydrology at Montana State University, then worked a variety of jobs in the environmental field. After stints as a forest ranger, fishing guide, and boating guide, he found himself back in his native Maine, building a yacht and helping fellow Keene Stater and restaurant manager Bobby Morgan build the oven at the Flatbread Pizza Company in Portland. Seiler noticed that while the pizza on the menu included organic ingredients, the drinks did not. "I was inspired to bring the menu full circle by making some sodas that used Fair Trade Certified organic sugar instead of corn syrup," Seiler says. The sodas were a hit, and Seiler was in business.

Using Fair Trade Certified organic sugar not only gives him the highest quality sweetener that is environmentally friendly – it helps the farmers who produce it. "Fair Trade embodies what Maine Root is all about. We are the world's first Fair Trade Certified company to offer Fair Trade soft drinks," he says – a distinction of which he is justifiably proud.

Maine Root's sugar comes from a cooperative in Paraguay, where the company's staff regularly visits the farmers, and where part of the Fair Trade premium – an additional sum paid for investment in social, environmental, or economic development projects – is passed along to the farmers so they can improve their housing, install a water supply, or buy school supplies for their children. The remaining premium goes toward projects such as a cooperative health center, loaner farm machinery, and farmer training.

You can find Maine Root sodas at supermarkets nationwide, including Hannaford Brothers and Whole Foods, and, of course, at Lloyd's Marketplace on the KSC campus.

– Jess Lulka '14



DISTRIBUTION



Mel Gosselin '90 with some of her staff at the New Hampshire Food Bank.

Photo by John W. Hession

‘The Face of Hunger Has Changed’

One in nine New Hampshire residents is hungry. That adds up to 143,000 people, a number that's growing. In Manchester alone, one in every four children lives in a home where it's not always certain where the next meal is coming from. In 2006, the New Hampshire Food Bank served 69,000 people; by 2010, that number had grown to 140,000.

“The face of hunger would shock a lot of people,” says Mel Gosselin '90, and she's in a position to know. Entering her second decade as executive director of the state's only food bank – which distributes goods to almost 400 food pantries, soup kitchens, and shelters – she's aware that the demographics of need have changed. “Now, it's our grandparents. It's our parents who might have had a medical bill that absorbed their finances. It could be your kid's playmate. The face of hunger is much broader.”

Gosselin, a music education major who came to the realization that teaching wasn't for her, took a job at Walmart and worked her way up to management. Next, she served as a supervisor for a computer components manufacturer. After being laid off, she landed the top slot at the Food Bank, which is run by New Hampshire Catholic Charities.

When she started, she had four employees, and a typical work day included driving a forklift or unloading a truck in addition to getting the word out about the Food Bank and the need for donations. Now, she has a staff of 27 in addition to the equivalent of 15 full-time employees in volunteer hours. The 2.5 million pounds of food the bank distributed ten years ago has grown to 8.5 million pounds.

The Food Bank's mission has expanded as well. The organization now runs nutrition education courses, a culinary training program for unemployed and underemployed people, a garden where produce is grown for distribution, and food stamp outreach that helps people apply for federal aid. There's a program through which supermarkets freeze unpurchased meats for the Food Bank rather than discard them.

What's the best way to help? Monetary donations pack the most punch, says Gosselin, as the Food Bank can purchase bulk quantities at wholesale prices – and target what's most needed. Donations of food are always welcome, too, as are volunteers.

“It's important for people to know that they can make a difference,” she says. “Think about it like this: you're providing a meal to your neighbor.”

'On a Constant Roll': Keeping the Grocery Shelves Stocked

You might say Andrew Turner '07 shops for a living, but he's not filling his personal larder with the 3,000 items he keeps in stock. Turner, a non-perishables buyer for C&S Wholesale Grocers, Inc., works out of the company's corporate headquarters in Keene to ensure that the shelves are full at some 200 supermarkets and grocery stores throughout the Mid-Atlantic.

"It's a varied and fast-paced job," says Turner, who is responsible for not only keeping store shelves stocked with everyday grocery staples, but also ensuring that seasonal, promotional, and other high-demand items are available to consumers when needed. When a supermarket chain runs a "two-for-one" special on Arizona Iced Tea, one of the manufacturers Turner handles, he makes it happen. Out of his Keene office, Turner checks Arizona inventory at C&S warehouses and in transit, reviews past needs for similar promotions, and works with Arizona's people to make sure the supermarket chain's promotion is a success without disrupting other C&S customers' needs.

"You're on a constant roll," says Turner, who spent a year after graduating doing fraud investigation for a bank. He made the shift to C&S on the recommendation of a couple of college

**"It's codes,
it's prices,
it's quantities,
it's forecasts."**

friends who work there. For Turner, being in Keene at a growing, fast-paced, national company is great. His hard work has paid off. He has been promoted from associate buyer to buyer and is being mentored for further advancement. In addition to knowing he helps supply the food people need and want, Turner is also proud of working for a company that invests in the communities and people it serves – from building the Keene YMCA to providing food to national organizations like Feeding America, which has a focus on eradicating food instability.

C&S is the supply-chain leader in the food industry. As the largest food wholesaler in the United States, C&S serves 4,000 stores from more than 50 locations in 14 states. Its customers include Stop & Shop, Winn Dixie, Target, and Whole Foods. *Forbes* magazine places it as the 10th largest privately held company in the US.

Turner credits the courses he took as a management major at Keene State with giving him a foundation for interpreting data. "It's codes, it's prices, it's quantities, it's forecasts." He enjoys barbecuing, makes a mean strawberry-rhubarb pie, and says his job has given him a different perspective when he's doing his own grocery shopping: "You definitely develop an appreciation for what it takes to get a product on the shelf."



Andrew Turner



Singing for the Suppers of Local People in Need

The KSC Chamber Singers have made community service an annual tradition. Each year the group chooses a local organization to partner with and support. This year? Keene's own Community Kitchen, which provides food staples as well as hot meals for people in need, is the designee. This partnership is part of a growing tradition that began in the fall of 2011 when the Singers supported Hundred Nights, a seasonal homeless shelter in Keene. Since then, the Chamber Singers have partnered with a local organization each semester.

Chamber Singers Director Sandra Howard contacted the Community Kitchen,

and the students toured the facility on a pantry distribution day. "The group were interested and asked informed, interesting, and insightful questions," says the organization's executive director, Phoebe Bray.

Not only is the help appreciated, the students also enjoy giving back. So what's their favorite part about it? "[That] we can provide food for those who can't necessarily buy it by themselves and release some stress by providing them food so they can focus on more important things," says sophomore Amanda Williams.

To help out the Community Kitchen, the group held several concerts at which donations were solicited or a portion of the proceeds were donated to the kitchen. The Singers also helped with the Thanksgiving food rush, providing extra hands to get meals to community members in need. "I wanted to choose an organization that allowed for a more holistic approach to community service," Professor Howard says, "and when you look at it, one of our most basic needs is the need for food. We all need to eat. The Community Kitchen is at the forefront of our community and that mission."

– Jess Lulka '14

To Market: Delivering the Goods

As executive vice president, general counsel, and secretary of Nash Finch, a Fortune 500 company that's among the nation's leading food distributors, Kathy Mahoney '76 has a "big picture" job, one that includes mergers and acquisition, providing legal advice, serving on the senior executive team, and supervising a team of lawyers. But talk to her for a few minutes and it's clear the people the company serves – small, independent grocers along with shoppers at markets and military commissaries around the country – are never far from her thoughts.

"I have a true appreciation for how hard independent

grocers work to serve their customers well and to deliver great service, and by that I mean quality products at fair and competitive prices in a good environment," says Mahoney, who in 2011 was named one of 25 Women Industry Leaders by the *Minneapolis/St. Paul Business Journal* and in 2012 was named a Top Woman in Grocery by *Progressive Grocer*.

She came to the food business by way of a career in law – one she says she may never have embarked on if it hadn't been for a couple of Keene State professors.

Eleanor Vander Hagen and Joan Davis encouraged Mahoney, a first-generation college student from a blue-collar family, to look beyond the teaching certificate her parents saw as the best bet for a woman and to pursue her dream of becoming a lawyer. After she graduated with a degree in sociology, a field that

she says "helps you size up a room" and "figure out the dynamics of interactions," she went on to Syracuse University College of Law. In 2004, after 25 years as a litigator, she joined the Minneapolis-based Nash Finch.

There's a lot going on at the company, which runs 21 distribution centers, owns some 80 grocery stores, markets food under three private labels, and delivers goods, through a combined, worldwide network with a strategic partner, to all the military commissaries in the US.

In her decade at Nash Finch, Mahoney has discovered an affinity for the food business – along with a special appreciation for grocers, who earn just a few pennies per item sold. "They really have a passion for helping their consumers – the customers who shop their stores and their families – have the daily pleasures of life and do it in a way that helps them spread their paycheck and feed their families in the way that we'd all like to feed our own," she says.




Kathy Mahoney

home-grown outreach

It's a win-win situation, notes Kelly Wilson. People with food stamp benefits get access to fresh, local produce, meats, and dairy, and the money stays in the community. Wilson, who completed Keene State's Dietetic Internship program in 2012, is talking about a project at the Farmers' Market of Keene that provides a \$10 match for the first \$10 in food stamp benefits spent in a given day. As an independent study project, Wilson collaborated with the Monadnock Farm and Family Coalition to apply for – and win – a federal USDA Specialty Crop Block Grant that funds the match as well as outreach to get the word out about it.

"Not many people who were on food stamps were coming to the farmers' market," says Wilson, "and the whole purpose of the grant was to create some incentive to draw people to the market." She was lucky enough to be able to witness, first hand, the implementation of the program. After finishing the Dietetic Internship – a year-long, post-college program that

fulfills a requirement for nutritionists who seek Registered Dietitian accreditation – Wilson was hired to manage the farmers' market for the 2013 season. The project is still in the early implementation stage, she says, but each day the outdoor market was open (twice a week, April through October), one or two food stamp users made a first-time visit.

Wilson, who has a bachelor's degree in nutrition and sustainability studies from the University of Minnesota, is now a Registered Dietitian and is back in her home state of Michigan, where she's working at a gourmet food shop and has applied to an organic farmer training program. "I absolutely loved my internship," she says of her studies at Keene State's Dietetic Internship program, which draws students from all over the country and has a unique focus on community nutrition education and wellness.  Learn more about KSC's Dietetic Internship at keene.edu/mag.

A Maestro in the Kitchen

Think of Wesley Babb '98 as a conductor, orchestrating a symphony of meals for some 10 dozen diners on a typical Saturday night. It's an apt metaphor for the former music major, who parlayed his college restaurant jobs into a career as a chef. After training at Keene establishments including Elm City Brewery and Luca's Mediterranean Café, Babb has prepared meals for the past eight years at The Restaurant at Burdick Chocolate in Walpole, New Hampshire, where he is chef de cuisine.


In a nutshell, he says, that means "I'm in charge of making sure that the restaurant has food, cooks food, serves food to people." He's buyer, butcher, kitchen manager, staff supervisor, menu creator, and hands-on cook.

The French-style café that abuts the famed chocolate shop is noted for its elegant meals, complex flavors and textures, and use of natural, local ingredients. Fruits, vegetables, and antibiotic- and hormone-free meats come from local farms; the menu is based on available produce. "If all the farmer has right now are apples and butternut squash," Babb says, "well, that's what we're going to use."

The work life of a chef is fast-paced. Picture, on any given night, three line cooks whipping up entrees and side dishes, with a support staff of three, plus food runners, pot scrubbers, and kitchen assistants. People hustle around, chopping vegetables, "plating" dinners, fetching ingredients from the walk-in cooler, rushing to the prep kitchen to check on the several sauces and stocks cooked up daily. Babb's at the center of it all, cooking away amid the cacophony of clanging pots and food sizzling in pans and conversation about the meals being cooked, and ensuring that his staff all have what they need to do their jobs.

"It's a hustle all day long," he says – a hustle that he loves.

What is it about food that Babb finds so appealing? "Everybody needs it," he says. "It's the one thing I found that I was pretty good at." Food has a draw he admits he can't articulate in words. But if you can conceive of the thrill of quickly pulling together various ingredients into a sumptuous dinner, just as a conductor pulls threads of music from assorted instruments into a rich and nuanced piece of music, you'll get the idea.

 Visit keene.edu/mag for a list of more restaurants owned or staffed by KSC grads.



'Delicious No Matter What'

Why do people eat what they eat? It's a complicated question, says Lynn Arnold '06, a lecturer in nutrition at Keene State – one that she takes up with students in Current Topics in Food Culture. The students examine various cultures across the world, looking at economic, cultural, aesthetic, social, and psychological factors as they relate to food and nutrition.

Then they take to the Foods Lab on the ground floor of Joslin House to whip up a few recipes from the regions they are studying. On a recent afternoon, Food Culture students broke into groups of two and three to pull together several dishes for an Indian feast.

"It is interesting to find out the levels of poverty and affluence in certain areas of India, and it seems to determine what people there eat," noted Catherine Smith, a nontraditional student, as she gathered ingredients for a dish called Dal. "Some

people eat simple dishes like Dal, which is just some seasonings and lentils. Others will have fancier foods that may be flour-based because they can afford to buy it. It just seems to be delicious no matter what."

At a nearby station, stirring a pot of Kheer, a sweet basmati rice pudding, Mandy Joyce '15 connected Indian cuisine with Indian charisma. "I know India is curry; that's the main spice," she said. "They're very bold people and like bold colors, and their flavors are bold, too."

Here's a recipe for an Indian yogurt drink, courtesy of the class:

Mango Lassi

2 cups plain yogurt
1 cup mango pulp
2 cups crushed ice
6 tbsp sugar

Blend all ingredients in a blender. Add a little water if consistency is too thick. Keep refrigerated. Serve chilled. Makes 8 servings.



Mango Lassi



GLOBAL CHEFS:

A Diversity of Foods, Cultures, and Flavors

Over the past few years, Keene State students have had the opportunity not only to sample the cuisine of Columbia, Peru, Brazil, South Africa, England, Sweden, Finland, Malaysia, Thailand, Italy, and Spain, but also to chat with chefs from those countries.

The international chefs come via Global Chefs, a sort of mini-exchange program of Sodexo – the multinational contractor that manages the College's dining hall and catering services. It provides an opportunity for the company's cooking professionals to learn about food from around the world – and also for students to enjoy a feast from another country twice a year. The most recent Global Chefs dinner featured food from South Africa.

"We're getting to where the globe is colored in pretty well," says Richard Ducharme, executive chef at Keene State's Zorn Dining Commons, noting the wide swath of cultures and foods brought to Keene State through the program.

For a sweet taste of Colombia, try this recipe from Chef Joaquin Suarez, a frequent visitor to Keene State through the Global Chefs program.

Lemon Temptation

5 fluid ounces lemon juice

2 14-ounce cans sweetened condensed milk

Dash of yellow food coloring

Lemon zest and whipped cream for garnish

Use one can of the condensed milk to make dulce de leche: Place it, unopened, in a pot of water and boil for about 15 minutes, being sure to keep the can covered with water. Let sit in the water until it is cool enough to remove by hand.

In a mixing bowl with a whip, mix the dulce de leche from the boiled can with the sweetened condensed milk from the second can. Add lemon juice and yellow coloring. Spoon into serving cups (recommended serving, 1 to 1.5 ounces) and garnish with lemon zest and a touch of whipped cream.

A colorful variation from Keene State's Chef Ducharme: Layer with a fruit sauce such as passion fruit puree or raspberry Melba for a beautiful presentation that Chef Suarez calls "Colombia-Keene fusion."



Photo by Lynn Roman

Chef Johann Becker offers students, faculty, and staff samples of Boerewors Rolls, street food from South Africa (think of them as that country's hot dogs).



Photo by Jane Eklund

HUNGER:

The Luck of the Draw

Diners share conversation over a buffet-style supper of Hamburger Helper at an Oxfam Hunger Banquet – an event that highlights worldwide disparity in wealth by randomly assigning participants to one of three meals. This group represented the middle-income tier. A larger group lined up for tomato soup and bread, which they ate sitting on the floor, while a lucky few sat at linen-covered tables and were served an elegant meal. Held in November in the L. P. Young Student Center, the event was sponsored by the College's Community Service Office, with the Multicultural Office of Student Support, the Office of Multiculturalism and Diversity, KSC Habitat for Humanity, and the Keene Community Kitchen.



Go-To Recipes to Fund Scholarships

Ten years ago, members of Keene State's operating staff gathered together their favorite recipes and their go-to recipes. The result? *Tastes for All Seasons*, a cookbook that's still used by the Operating Staff Council to raise funds for scholarships for staff children. A publication in the tradition of church guild cookbooks, *Tastes'* recipes are more likely to call for ingredients like onion soup mix and corn flakes than edamame – though you'll find that too, in a dish called "Spaghetti Squash with Beans." Here's a sample.



Super Easy Lemon Chicken

4-6 thin chicken breast cutlets

1 c. Bisquick

2 eggs, beaten

2 Tbsp. butter and olive oil

Garlic salt

Lemon juice

Rinse and clean chicken. Dip the chicken in the eggs with a splash of water. Dredge both sides in the Bisquick. Heat the pan with butter and olive oil. Place chicken in pan and sprinkle with garlic salt. Lightly brown chicken, about 5 minutes each side. Reduce heat to low and continue cooking a few more minutes. Serve with pasta or rice.

– Recipe from Jane Ellsworth, Physical Plant

A 57-Cent School Lunch that Kids Love? You Bet



William Humphrey

William Humphrey, an adult student, writes about a real-world school-lunch challenge he took on in a nutrition class.

As a part of a senior-level class, Experimental Foods, my partner and I were challenged to develop a bean lunch entree for a local elementary school. The final product needed to cost less than 57 cents per serving, meet new, aggressive National School Lunch Program nutritional targets, be suitable for large-scale production, and, perhaps most challengingly, be palatable for children ages 7 to 12.

The semester-long development process involved numerous rounds of preparation, analysis, and reformulation in the KSC Foods Lab.

Food Processor SQL software helped us to efficiently determine the nutritional effects of recipe changes at each step in the process and then each variation was produced and evaluated. We were also afforded the opportunity to produce samples of the item at the elementary school and receive feedback from the students. At the conclusion of our project the Mighty Mexican Quesadilla was served as the lunch entree to more than 220 elementary students, and our recipe will be considered by the Keene school district's food service director for possible inclusion as a regular menu option.

As I'm the parent of a picky first grader, this experience drove home the challenge faced by public schools trying to design nutritious, affordable meals that students want. The nutritional standards of the National School Lunch Program, a \$15 billion program that served 100,000 schools and 31 million students in 2012, are undergoing a multi-year transition to improve the nutritional quality of student meals and combat rising rates of childhood obesity. Designing successful menus in that environment will require future school food service professionals who understand food production, food composition, and nutrition.

This experience has absolutely inspired me to consider a future in school food service: Esoteric classroom discussion about physical activity, nutrition, food security, and public policy became very real when hundreds of hungry children lined up to accept the food that we designed and prepared.

– William Humphrey

Study Globally, Eat Locally: Nutrition Major Lauren Caisse '14 writes about her semester in Italy

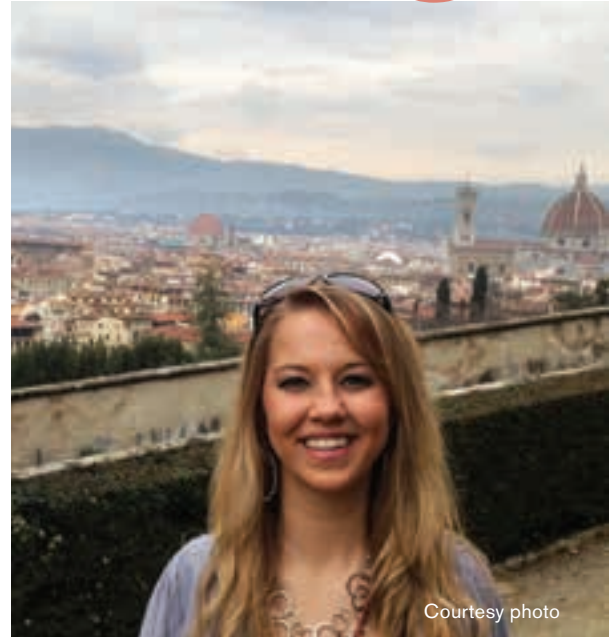
Italians have a wonderful relationship with food, and after studying abroad in Florence I understand why.

Everything is fresh, local, and simple. All dishes are homemade and prepared with care and precision. There are no added flavors or dishes doctored with condiments. Foods are eaten in their natural states and appreciated for their unique, individual flavors.

For the four months I lived in Florence I cooked almost all my meals when I wasn't traveling or enjoying the occasional night out to dinner. Throughout the week I would go to the local food market to purchase groceries. It was one of my favorite parts of the city. You walk in and there are stands of fresh vegetables, fruits, meats, eggs, and cheese. You'll find dried fruits, nuts, olive oil, and seasonings. You can buy

fresh baked goods, homemade pastas, rices, and grains. Everything inside the market is locally grown, with few if any pesticides, and amazingly fresh. It was so comforting not just to know exactly where my food was coming from, but to even meet the farmers who produced it. Purchasing provisions daily and preparing them each night really helped me deepen my own connection with food.

There are many misconceptions about the Italian food culture. Italians are actually much healthier than Americans when it comes to everyday eating, largely because they follow a Mediterranean diet. They also prepare all their own foods, which are local, fresh, with little to no added flavorings, and they eat proper portions. As a nutrition major, my experiences in Italy really



Courtesy photo

Lauren Caisse

made me appreciate food more, which made me want to continue with the eating habits I developed – and to share all the knowledge I gained with family and friends.

– Lauren Caisse '14

Tea and White Bread in Rwanda

Johanna DeBari '14 has studied abroad in Poland, Rwanda, and Bosnia-Herzegovina as a student in Keene State's Honors Program.

My love for travel stems from my love of food. The first thing I want to do when I get to a new place is try the local and/or traditional foods. In Rwanda, it was cooked beef in a tomato sauce, or "green bananas" (similar to plantains) with a little bit of salt. In Bosnia-Herzegovina, it was pita: a large snake of filo dough stuffed with spinach and cheese and baked to perfection. In Poland, it was golumpkis (rice and meat wrapped in cabbage leaves with tomato sauce on top) and pierogies (boiled potato, meat, or buckwheat dumplings topped with caramelized onions). Each meal is a unique cultural experience. Whether you eat alone in a restaurant or at a kitchen table in someone's home, there is always a conversation you are a part of. Alone, the crowd around you provides snippets of common conversations or insight into cultural customs, mannerisms, and characteristics. In a group, memories are made around the delicious food and the discussions you share.

One of the most powerful conversations I have experienced took place over a cup of tea and some white bread with my host mother in Kigali, Rwanda. She shared with me her story of surviving the

genocide of 1994 and finding God. She had never been more afraid for her life, never seen such hatred. She balanced the horror with the beautiful discovery of her God and a journey toward becoming an Evangelical priest. At the end of our conversation, she told me her coping mechanism for reconciling her experiences in her heart: "Something that kills happiness kills you; something that kills life will kill you. . . . We cannot let this happen." Terrible things that occur in your life must be held within a box, she continued, within your control, and in a place where you can refer to them later in life to find strength within yourself. She is one of the most amazing people I have met in my life, and we were brought together in conversation by tea and white bread. Food has an amazingly powerful effect on people, creating a safe and comfortable environment for bonding. In short, food has had an incredible impact on many of my experiences abroad.



Courtesy photo

Johanna DeBari

– Johanna DeBari '14



Eat Local, Be Happy


Roast Duck and Raspberry Whole-Wheat Pizza. Roast Top Sirloin with Horseradish, Sour Cream, and Chipotle Avocado Sauce. Vegan Seitan “Cheese Steak” Wrap with Sautéed Onions, Peppers, and Mushrooms. Habanero Pickles. Roasted Turkey Breast Stuffed with Maple Sausage, Pear, Cranberry, Spinach, and Alouette Cream Cheese, Topped with Cracked Pepper Velouté.

It’s another day at Keene State’s Zorn Dining Commons.

Not just any day, though. The menu items above were among those provided at Localvore Lunch, a once-a-semester dining extravaganza dedicated to serving meals made from local ingredients. The September Localvore Lunch sourced produce, meats, and dairy from nearby New Hampshire, Massachusetts, and Vermont providers – some of whom came to campus to dish out their products and talk with diners about them.

Localvore Lunch is one of the Dining Commons’ most popular offerings, regularly drawing faculty and staff in addition to students. It’s not the only time local foods are featured – they show up daily in the menus at the Dining Commons. But, as Executive Chef Richard Ducharme notes, “it’s the gala event of the semester for us, for local.”

And it makes people happy. During the September Localvore Lunch, Dining Services General Manager Josef Quirinale says, he overheard a student saying, “I feel like it’s Christmas.”

 For more photos visit keene.edu/mag.

A Crowd-Pleaser that Serves a Crowd

What goes into a dessert that feeds a hoard of hungry college students? Richard Ducharme, executive chef at Keene State’s Zorn Dining Commons, graciously provided the recipe for this favorite. Take note: it serves 50 to 60, so if you’re cooking for your family, be sure to scale down the ingredients proportionally.

Sticky Toffee Pudding

Pudding:

2.5 lbs. softened butter
12 oz. flour
1.25 lbs. dates
1 gallon water
4.5 lbs. brown sugar
8 oz. golden syrup
16 oz. molasses
1.5 oz. vanilla
25 eggs
5 lbs. self-rising flour
5 oz. baking soda

Sauce:

$\frac{1}{4}$ gallon heavy cream
 $\frac{3}{4}$ lbs. butter
 $\frac{3}{4}$ lbs. dark brown sugar
12 $\frac{1}{2}$ oz. molasses
6 $\frac{1}{2}$ oz. golden syrup



1. Grease baking dishes well with some of the butter.
2. Boil dates in the gallon of water.
3. With food processor paddle attachment, combine remaining butter and sugar until light and fluffy. Gradually add golden syrup, molasses, vanilla, eggs, and flour. Add baking soda right at the end of mixing.
4. Puree the dates and water and add to the batter.
5. Fill prepared pans and bake at 325 degrees for 20-25 minutes.
6. For sauce, combine all ingredients and bring to a boil. Remove from heat.
7. Keep pudding hot and serve with lots of sauce and vanilla ice cream.



“The good news is that there is a general understanding about the importance of breastfeeding from a health standpoint.”

We may not remember consuming breast milk, but it played a major role in our growth and development as babies. Breast milk is among the most nutrient-rich food around, but while breastfeeding's benefits for children and mothers have been widely touted, it's still not a universal practice among new mothers.

Becky Dunn, chair of Health Science at KSC, partnered with colleagues to find out what contributes to the practice of breastfeeding and to identify obstacles that keep New Hampshire mothers from starting and sustaining it. Dunn, along with Karrie Kalich and Meg Henning from Health Science and Rudy Fedrizzi, director of Community Health Clinical Integration at Cheshire Medical Center/Dartmouth-Hitchcock Keene, have been conducting research with a sample of mothers enrolled in a federal nutrition program.

The results of the study helped to inform the development of a community action plan to make it easier for mothers to breastfeed. A larger community coalition is helping to shape the plan.

“The good news is that there is a general understanding about the importance of breastfeeding from a health standpoint,” says Dunn. “Also, New Hampshire has a law that protects mothers who breastfeed in public – this is a solid foundation on which to build. And, for the fifth year in a row, New Hampshire ranks number one in perinatal care, which includes support around breastfeeding.”

The study found that 71 percent of participating mothers intended to breastfeed their child. Most who were breastfeeding at the time of the survey hoped to continue until their baby was 6 to 12 months old. However, most who had previously breastfed did so only during the first three months of their child's life.

What factors impact whether mothers reach the desired 6- to 12-month mark?

The first is the amount of support breastfeeding mothers receive from family and daycare providers. The mother's perception of breastfeeding is important – those who thought it would be painful were more apt to forgo it. Having access to a breast pump and receiving breastfeeding support within the first hour of birth were also factors, as were age and education. Older mothers breastfed longer, and women who did not complete high school were less likely to breastfeed than those with college degrees.

Further research by Dunn and Kalich shows that while New Hampshire daycare providers are doing a good job of providing bottled breast milk to children and inviting mothers to visit and breastfeed their children, there is room for improvement.

“We are building on our research to advocate for policy within the workplace and child-care setting, increase support, provide training to child-care centers, and help educate women and families about the benefits of breastfeeding,” says Dunn. “Our work is essentially just beginning.”

– Kelly Ricaurte

COMPOSTING

From Food to Compost: *Closing the Loop*

What's the value of composting on a college campus?

"There are so many answers to that question," says Keene State Recycling Coordinator Heather Greenwood, who oversees a program that gathers vegetable food scraps for composting from kitchens at the Zorn Dining Commons and the L. P. Young Student Center. She usually starts with an answer that everyone can relate to: money.

Greenwood's crew of student workers typically collects about 2,000 pounds of kitchen waste a week during the fall and spring semesters. Over the course of a year, it adds up to over 60,000 pounds – or 30 tons. If that waste were dumped into a trash compactor instead of being turned into rich fertilizer for Keene State's lawns and gardens, it would cost \$120 per ton to have it hauled to an incinerator in Claremont – that's \$3,600 in savings, plus the amount the College would have spent on purchasing fertilizer or soil.

There's also, of course, value to the environment – what's not to like about cutting down on incinerator smoke and the use of truck fuel? – and value to students, who often have their eyes opened to the importance of composting when they see how seriously the College takes the process.

Best of all, Greenwood notes, making compost and using it on site closes the loop: it keeps a valuable resource – one that the industry refers to as "black gold" – on campus.

Dee Denehy of the grounds staff does what Greenwood calls "the magic," transporting the kitchen waste to an area behind the Joyce Athletic Fields where she mixes it with leaves, wood chips and other yard waste produced on campus. Once nature (with Denehy's help) has turned the mixture into rich, fertile compost, it's ready for use.

A post-plate composting program is also in the works to recycle leftovers



from meals at the Dining Commons. A five-week summertime pilot project collected eight to 10 tons of uneaten food that was hauled to a farm in Greenfield, Massachusetts, that accepts scraps including meat and dairy items. Plans are under way to make post-plate composting part of everyday recycling at Keene State.

Can't Eat It? Don't Take It!

How do you get college students to put only the amount of food on their plates that they'll actually eat? That was a challenge that Keene State's Office of Sustainability faced back in 2006 when it became evident that a considerable amount of food taken at the Zorn Dining Commons landed not in students' bellies but in the trash.

"We don't look at just the end of the line – the food in the trash," says Campus Sustainability Officer Mary Jensen '85. "We also consider the resources it took to grow, process, ship, and store food that is then just thrown away. At every step, resources and money are wasted. Student lives are influenced by everything they do at Keene State, including the habits they develop in an all-you-care-to-eat facility like the Zorn. We hope that learning not to waste food is a positive habit they acquire."

So Jensen and her crew of student workers, known as Eco-Reps, decided to try an experiment. If students could see how much they were throwing away, maybe they'd pile less food on their plates. It worked. Since then, they've set up weighing stations for three to four weeks each semester to show how much food went directly from plates to trash, then posted the weight on a chart. The result: each week the amount thrown out went down. Here are the numbers from the spring 2013 semester:

February 27, 153 pounds thrown out
March 6, 127.5 pounds thrown out
March 20, 113 pounds thrown out
March 27, 103 pounds thrown out

– Caitlin Proce '14

Pick a Crop, Any Crop . . .

START WITH ONE FOOD, A CROP OR A LIVESTOCK ANIMAL, and explore its cultural and ecological history. Where did it come from? Where was it first domesticated? How has it been grown over the years? How has the environment affected the crop or animal? How has its production affected the environment?

"It's a way to get students to learn about environmental issues through the lens of food," says Tatiana Schreiber, a lecturer in the English Department, who teaches Cultural and Ecological History of Food, one of many Integrative Thinking and Writing offerings incoming students are required to choose from to learn writing, analysis, and critical thinking skills.



Makenzie Callahan

"I chose peppers because I like them," says Makenzie Callahan '14, a nutrition major who took the class after transferring to Keene State. She used the colorful vegetables as an approach to learning more about the Slow Food movement – a worldwide effort to preserve and promote regional foods and food traditions and to encourage mindfulness around eating. "It's more of a spiritual and emotional connection with people, to sit down and have a meal with them," she says. Her studies culminated in a 20-page research paper, "Peppers and Slow Food: A Beautiful Combination."

The course, Callahan says, challenged her to be more open-minded. "I learned how to evaluate things from different perspectives in this class," she notes. For instance, while she values organic, non-genetically modified crops, she's also open to the idea that there might be potential benefits to genetically modified plants.

That kind of thinking is exactly what Schreiber hopes to encourage in her students. She wants them to grapple with the material and "figure out for themselves what they actually think." Many have told her, for instance, they'll never look at tomatoes in the same way after reading and discussing Barry Estabrook's book *Tomatoland*, which looks at industrial tomato production in Florida.

Schreiber also brings in heirloom tomatoes she's grown for students to sample. "It awakens their taste buds and hopefully their thinking about why it's important to preserve genetic diversity in our crops," she says.

Callahan, for her part, understands why the concept of Slow Food doesn't appeal to everyone: We've created a fast-paced society that looks to convenience when it comes to eating. Not everyone has an hour to sit down and savor dinner. And buying local, organic products usually means budgeting more money for food.

Nonetheless, she espouses the movement's mission of linking the pleasures of good food with a commitment to community and the environment. After she graduates, Callahan hopes to attend a master's program that's paired with the dietetic internship required of nutritionists seeking certification as Registered Dietitians. Her ultimate goal is to become a naturopath. "Nutrition is so much more than what you eat," she says. "It's about your life – having a healthful, fulfilling life."

'Under the Spell of Yellow, Silver, Green'

New Hampshire Poet Laureate Alice B. Fogel, a lecturer in English at Keene State, offers a poetic perspective on growing vegetables in New Hampshire.

Anticipation

Under many moons the field's surface
ripples, mimicking
the way age shapes its waves on skin,
loose footing for a crow.

Through the days and nights since
seeds were handed down
and lowered under ground, in silence
but for the wash of wind and rain,

the slight and grassy shoots balloon
upward and out until they're thick
as bamboo. Each kernel's fine umbilical
cord will be joined to the others,

gathered into a single tassel of silk that
pours through the slim opening
in the corona, the husk a papery origami
folded over the ear

of corn inside. Above, tall red clusters
will lift their lashes
starward. Beside the rows of growing
shafts, beyond the edge

of the field and the season and the
ripening, and under the denser
shade of trees and under the spell of
yellow, silver, green, stalk

the raccoons, who wait all year, year
after year, not knowing
that they do, not remembering what
they're waiting for,

but knowing that they want it.

— Alice B. Fogel
From *Be That Empty*
Harbor Mountain Press, Vermont

COOKING, EATING, DREAMING ... AND WRITING

About a decade ago, when Jeff Friedman's students wanted to order pizza to bring to class, one thing led to another (he suggested it'd be better if they cooked food themselves to bring in), which led to another (they broke into groups and put together menus), and the next thing he knew, he was teaching a new course that required students to prepare dishes to share with their classmates. Because he'd also had a good experience talking about dreams with his students, he wove them into the class as well, and named it *Cooking, Eating, and Dreaming*.



Jeff Friedman

An odd topic for a class in creative writing?

Not at all, says Friedman, a lecturer in the English Department and widely published poet. "The concentration on the senses, and the process of making food and cooking it and thinking about it, leads students to make discoveries in their poems, essays, and stories that might not be available to them with a more traditional approach to writing."

Friedman invites faculty members and chefs to class to expose students to different kinds of cooking, the politics of food, sustainability, and other food-related topics. His students hone their cooking skills by making dishes to bring to each of seven themed class sessions, including international salad day, international soup day, and international roasted vegetable day. And they develop their writing skills through a plethora of assignments that might help them practice a particular skill, like "use an onion as a metaphor," or that might get them to think in an associational rather than linear way, like "write a poem that is a salad."

It's a course, Friedman says, that moves out of the traditional boundaries of the classroom. "I'm not lecturing at all," he says. "I'm talking to the students and the students are talking to me, and we're all as a class trying to find out something about the world."


Here's a sample "micro-story" by one of Friedman's students:

Vintage Vanilla Crème

By Chelsea Harris '15

Vintage vanilla extracts hide among the tightly lined shelves of her grandmother's wooden spice rack, begging to be opened, sniffed, drunk in with the laughter of a child.

We stole them, mixed them into our Friday-night drinks, made Grandma proud.

 Read another student piece at keene.edu/mag.

What's For Dinner? *I'm Glad You Asked . . .*

Jennifer (Ritchings) Dutch '00, assistant professor and chair of the English Department at York College in Nebraska, writes about her research in food studies:

EVER WONDER WHY AMERICANS EAT TURKEY

at Thanksgiving, why dad is king of the barbecue, or where whoopie pies originated? Not long ago, scholars regarded questions like these as too inconsequential and ordinary for serious research. Over time, however, researchers in diverse fields began to recognize that food plays a pivotal role not only in everyday life, but in some of the most important research areas as well.

Turkey became a symbol for the independence of a new community forming its own traditions. Dad's place at the barbecue signaled the growing influence of suburbia on American gender roles. And the whoopie pie, claimed by both Maine and Pennsylvania, represented the economic implications of food branding on local tourism. Today, scholars in a wide array of disciplines and a growing number of food studies departments are using food as a lens through which to study some of the most pressing issues of the 21st century: environmental sustainability, changing gender roles, family and community identity, and much more.

As a food studies scholar, I am interested in the role that food plays in individual, family, and community identity. The main focus of my research is the continuation and adaptation of home cooking traditions in the 21st century. As part of my dissertation work in the American Studies program at Penn State Harrisburg, I asked the question, "If no one cooks anymore, why is home cooking such a hot topic?" I focused on the changing definition of "home cooking" from a chore requiring serious labor to a choice that often reflected individual and family identity. I analyzed an array of best-selling food books, such as Michael Pollan's *The Omnivore's Dilemma*, to extract a view of "home cooking" that established a nostalgic past where everyone cooked from scratch all the time, which was in opposition to a disastrous present where everyone relies on pre-packaged convenience products and fast foods. The goal of these writers is to present traditional home cooking as the single solution for all of society's problems – from the obesity epidemic to global warming. I found a counter-narrative in the form of YouTube videos posted by home cooks that presented from-scratch cooking methods and convenience products as choices in a continuum of options for answering the question "What's for dinner?" This research raises important questions about the role of popular books in shaping the definition of "home cooking."

**"If no one cooks anymore,
why is home cooking
such a hot topic?"**

The inter- and multidisciplinary field of food studies is expanding the possibilities for research that crosses boundaries and deconstructs traditional discipline-based research. There are many questions related to the history, science, culture, and influence of food that still need to be answered – the possibilities are endless.

– Jennifer Dutch '00

What Should We Eat?



Mark Long and William Stroup, professors of English at Keene State College, study and teach nature writing and the environmental humanities, subjects that have led them to explore the ways we eat in larger contexts.

There is a passage in Mary Shelley's *Frankenstein* where the Creature begs Victor to make a mate for him, emphasizing that he is "peaceful and human" because, "My food is not that of man; I do not destroy the lamb and the kid, to glut my appetite; acorns and berries afford me sufficient nourishment. My companion will be of the same nature as myself."

What should we eat? If we can raise, cook, and digest animal flesh, does that mean we should? These literary and cultural questions are inextricable from ideas about nature, and the human, that we explore with students in our English and the humanities

courses. These questions lead us into conversations about food in other books, such as *The Sexual Politics of Meat*, that explore the often-unexamined values of our choices about food.

We have also taken up these questions with the campus and Keene community through our Keene is Reading program – with books and speakers including Michael Pollan (*The Omnivore's Dilemma*), Mark Kurlansky (*Cod: A Biography of the Fish that Changed the World*), and Raj Patel (*Stuffed and Starved: The Hidden Battle for the Food System*) that have helped us better understand the implications of food and food markets. These books have led the campus to explore local culture, sustainable agriculture, and the cultural meanings of food.

The literature of food helps us to think about our most basic relationships: with one another and with the natural world. We hope that you will join us in exploring the question: What should we eat?

– Mark C. Long and William Stroup

RECOMMENDED READING

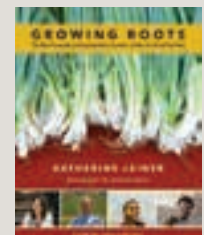
Carol Adams, *The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory* (1990).

A thought-provoking read, this book explores the ways in which the association of "meat" with "masculinity" has had profound consequences for the ways our society thinks about acceptable levels of violence.

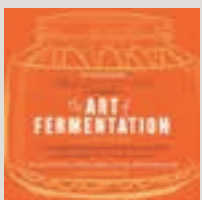


reflect on the sometimes-humorous challenges of this way of living, and gain insights into a deeper appreciation of life.

Katherine Leiner (photographs by Andrew Lipton), *Growing Roots: The New Generation of Sustainable Farmers, Cooks and Food Activists* (2010).

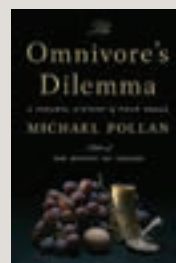


Sandor Ellix Katz, *The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes from Around the World* (2012).



An idiosyncratic exploration of fermentation by a "food-loving back-to-the-land generalist who became obsessed with fermentation" – a useful book for practical-minded food lovers and philosophers interested in both the how and the why of fermented foods.

An engaging collection of first-person profiles of farmers and food activists attempting to build sustainable lives around healthy, natural food.



Michael Pollan, *The Omnivore's Dilemma: A Natural History of Four Meals* (2007), *In Defense of Food: An Eater's Manifesto* (2009), *Cooked: A Natural History of Food Transformation* (2012).

This trilogy of nonfiction books explores the natural and cultural history of food as well as the pleasures of thinking about our relationship to plants, animals, and each other.

Barbara Kingsolver, *Animal, Vegetable, Miracle* (2007).

The popular novelist shares a year in the life of her family as they attempt to grow, raise, and be near the source of their food,

– Mark C. Long and William Stroup

FACULTY & STAFF ACCOMPLISHMENTS



Chris Cusack



Sandra Howard



Jay Kahn



Jamie Landau



José Lezcano



Susan Whittemore

Paul Baures, Chemistry
Awarded a \$65,000 grant from the American Chemical Society's Petroleum Research Fund to conduct research on gas hydrates. Read more online at keene.edu/mag.

Christopher Cusack and Al Rydant, Geography
Published, with three others, "Student Perceptions of Fieldwork Utility Across Three International Field Courses" in *Review of Geographical Education Online*.

Julio Del Sesto '07, Journalism
Received the Cedarcrest Champion Award from Cedarcrest Center for Children with Disabilities in Keene. Read more online at keene.edu/mag.

Sandra A. Howard, Music, and Karen J. Seaver, Environmental Sciences
Published "Music Educators' Self-Perceptions of Interpersonal Skills: An Exploratory Study" in *Update: Applications of Research in Music Education*.

Jay Kahn, Vice President for Finance and Planning
Honored as a distinguished member of

Keene State's chapter of the National Society of Collegiate Scholars for his contributions to the College as interim president.

Jamie Landau, Communication
Received the Lambda Award of the Caucus on LGBTQ Concerns of the National Communication Association. Read more online at keene.edu/mag.

Intersection of Fair Trade and Justice: Managing a Global Industry.

Amanda Guthorn, Campus Safety Director
Elected to the board of the Northeast Colleges and Universities Security Association.

Susan Whittemore, Biology
Received a \$69,169 New Hampshire Network of Biomedical Research



Alice B. Fogel, lecturer in the English Department, is New Hampshire's newest Poet Laureate. Fogel is the author of three poetry collections and a handbook for reading and understanding poetry. Her book *Interval: Poems Based on Bach's Goldberg Variations* is forthcoming from Schaffner Press. Read more online at keene.edu/mag.

José Lezcano, Music
Spent a month as Artist in Residence at the Studios of Key West.

Tamara Stenn, Sciences and Social Sciences
Published a book, *The Cultural and Political*

Excellence grant from Dartmouth College, funded through the National Institutes of Health. Read more online at keene.edu/mag.



We Did It!

Keene State's Technology, Design and Safety (TDS) Center has been granted LEED Platinum Certification by the US Green Building Council/Green Building Certification Institute. What does that mean? It means the building, home to the Sustainable Product Design and Innovation, Architecture, and Safety and Occupational Health Applied Sciences programs, demonstrates sustainable design and construction, based on its energy efficiency and the materials used to build it. Here's to a successful collaboration between the College, the Architerra architectural firm, and Rist Frost Shumway Engineering.

1927

A recent visit to **Margaret Grover Colburn** found her still living in her own home with family close by. She does get outside with her walker to enjoy the fresh air and sunshine. Margaret is always interested in the happenings on the Keene campus.

1934

80TH REUNION
June 6-8, 2014

Doris McQuade Rebidue welcomed **Louise Moses Lawrence '42** and **Norma Wright Walker '51** to her home in Milford. Doris treated her guests to a delicious lunch at a fine restaurant in Milford. She is an amazing lady who lives alone but is watched over by her son, who lives nearby. They had made a trip by car to North Carolina in the spring to visit relatives.

1936

Velma Pierce Smith is still with her daughter in Maine. She keeps busy by helping where she can on the farm. Val shared a memory of her practice teaching in Hancock.

1939

75TH REUNION
June 6-8, 2014

Ruth Maker Worrada, who lives in Newport, remembers the 1938 hurricane because she and several classmates were doing their practice teaching in Hancock. They were isolated for a number of days but said they were able to entertain themselves.

1940

Dorothy Young Carruthers
PO Box 344
Contoocook, NH 03229-0344

Dorothy Young Carruthers was at the Golden Circle Luncheon that was held at Hart's Turkey Farm. She shared her excitement of attending a granddaughter's beautiful wedding at The Castle in the Clouds. Dot planned to leave soon with her daughter to drive to

Florida, but said she wouldn't stay down there long.

1941

Virginia Rollins Flint
799 Milan Rd.
Milan, NH 03588

Barbara Jeffery Stimson
678 Pettyboro Rd.
Bath, NH 03740

Ginny Flint had a shoulder replacement and is doing fine. She can't wait to drive again.

1942

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

Louise Moses Lawrence enjoyed a trip to Milford to visit her friend **Doris McQuade Rebidue '34**. Doris had celebrated her 101st birthday in July by going to dinner several times with friends and family. Louise and Doris had many memories to share of their lives growing up in Greenfield, NH.

1943

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

Class Secretary **Caroline Nichols Pregent** writes, "The 2012 Golden Circle Luncheons were enjoyed by a large number of KSC alumni and guests. Our first luncheon of 2013 was held in Concord at the Makris Restaurant.

"For **Louise Whitten Perkins** it was a busy summer. In May her family made a trip to see her grandson Chad Perkins graduate from West Point.

"In July the Golden Circle met at the lovely home of **Gene '57** and **Connie Ross '57** on Squam Lake. After a picnic lunch and meeting, we had a boat ride around Little Squam and Big Squam.

"**Barbara Brown Charboneau** called to say she wouldn't be coming to the 2013 KSC reunion. She is still active and most of her family is now in Florida. I remember her brothers and sisters be-



Beatrice Moss Vickers '32 reminisces with her great-granddaughter, first-year student **Alaina Vickers Dodge**. Beatrice and her daughter and son-in-law stopped by the Alumni Center in October.

cause they were students of mine when I first taught in a small one-room schoolhouse.

"**Barbara Adams** sent a nice letter saying she wouldn't be coming to the 2013 reunion. She does come north to visit friends and relatives. She wrote an interesting letter to the classmates of 1943.

"**Christine Sweeney** is settled in an apartment in West Keene. She often joins us for lunch.

"The 2013 KSC annual Reunion was enjoyed by many. **Polly Lorandeau Croteau** and I represented the class of 1943. It was good to get reacquainted. We now feel the need to ride the golf cart during the parade of classes. We heard several favorable remarks about the class display, which Louise and I did 10 years ago. This year I rearranged, added other photos, and attached a banner to the display.

"Sadly **Mary Farman Bergeron** died June 26. She was in the nursing home only a few weeks. I attended the burial services and was so glad to see members of

her family whom I had not seen in many years. Most of her 23 nieces and nephews were there.

"Please continue to send updates of your activities."

1944

70TH REUNION
June 6-8, 2014

Once again, **Priscilla Chick Sargent** joined a group of alumni on a boat ride around Squam Lake. The group enjoyed a picnic lunch at the lovely lake home of **Connie '57** and **Gene Ross '57**. Robin (Priscilla), **Shirley Lang Mills**, and **Phyllis Osgood Bean** contributed to the Hancock High School Memory Book on their days as practice teachers.

1945

Nancy Scripture Ashford met **Norma Wright Walker '51** for lunch recently at Country Spirits Restaurant in Henniker. They had a great visit catching up on family and events at Keene.

IN THE NEWS

World War II veteran **Roy Jeffrey '45** of Plaistow, NH, has been in the news twice in recent months. First, he was named 2013 Legionnaire of the Year by the American Legion Department of New Hampshire at its 95th annual convention in June. Second, over 65 years after landing with the Marines at Okinawa, he was awarded a Good Conduct Medal for his service in World War II.

1946

Thelma Partridge Mitchell
PO Box 52
70 Cedar St.
Contoocook, NH 03229

Our thoughts go out to **Lorraine Dow Gates** on the loss of her husband **Vincent '50**. She wrote to thank **Norma Walker '51** for calling her. Norma and Kay MacLean had visited them when they were in Florida a couple of years ago. Lorraine sent a new address for **Robert Lockhart '50**. He had lived near the Gateses and often visited with them.

For an exhibit commemorating the 100th anniversary of Hancock High School, **Breezey Saladino Mosley** took part in sharing memories of the days when Hancock High was in operation. She taught and coached girls' sports while husband **Al** was a teaching principal there. Al had also done his practice teaching in Hancock.

Also sharing memories of practice teaching in Hancock were **Shirley Ring Green** and **Elizabeth Purington Straw '47**.

So nice to see **Geneva Moore French** at a Golden Circle Luncheon again. She said her picture was taken as she finished picking blueberries on Pitcher Mountain; it appeared in the local paper.

1947

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

Ruth Blodgett Fisher Washburn writes that she "could not turn down **Norma Walker '51**, our dynamic Golden Circle Society

director, when she called to ask me to stay in touch with the Class of '47 and let her know how everyone is doing. **Shirley Martell** and I have attended each five-year anniversary for many years, and now we even room together. It was fun having our old room in Fiske that we shared as freshmen nearly 70 years ago. I am very happy to be living again in East Longmeadow, MA, at Brownstone Gardens near daughter Diana's home, where daughter Donna has lived with her sister for many years now. Donna helped me obtain a garden plot here available for those interested in having the opportunity to grow flowers and vegetables. An instructor has been coming once a week to help those interested in learning how to use a computer. With all the years I have used a computer, I was not aware of other available uses, so enjoying learning on the four computers we have in our Community Club Room, and applying it on my own personal computer that I used to type and print this accounting of our class members. Stay in touch any way that is best for you.

"I am sure some of you saw the report in this summer's *Keene State Today* of the death of classmate **Ida R. Goodell** of Portsmouth, NH, on April 3, 2013. A niece of Ida's notified the College, but **Shirley Hubner Tyler** was not notified until later, so I wanted to include it in our class notes so we all can take a moment to remember Ida as a good friend, member of the NH Club, WAA, Kronicle Board, Kappa Delta Pi, YWCA, head of Bowling one year and assistant head one year, Archery Tournament winner, and very smart, being on the Honor Roll

many times. She taught for many years, retiring to an active life.

"**Isabelle Edmond Alix** sent me an email with details of her busy life at Meetinghouse senior center in Manchester. As she no longer drives, traveling is limited. Recently she spent time with her daughter Mary Ellen in Quincy, MA, enjoying a day trip into Boston. This summer she went with her Meetinghouse friends to Hampton Beach, to the Weirs for a ride on the Mount Washington, and then a return to Winnepesaukee for a Hobo Railroad ride. She is a busy lady, but misses the Golden Circle luncheons and looks forward to hearing from Norma.

"**Cecile (Cy) Plante Bineau** and I had a great visit on the phone. She said she and Gil are OK, with some health issues slowing them down, but with all of their family close by, they enjoy having them all pop in frequently, so they stay busy, especially with Gil still mowing all their property himself.

"**Eulalie (Tootie) Fellows Cogswell** and I also shared news by telephone. Following Walter's death she decided she would stay in their lovely home in Nashua as long as she is active and able to manage it. I can understand that, as it is cozy, where she and Walter had their family grow up, and very comfortable with old friends and neighbors nearby.

"**Margaret Larkin Feldblum** eluded me, but Norma Walker saw her at the 100th anniversary of Hancock High School. Margaret is well and busy.

"**Shirley Rolston Martell** and I keep in touch by phone or letters

and get together at least once a year. She is still taking life at a slow pace. I don't ever remember seeing her run, and because she was the same where she taught adults English for many years in Portland, ME, they jokingly nicknamed her 'Lightning.' Although she is retired from teaching, she volunteers doing office jobs, helps two days a week serving meals for the homeless, is active in church affairs, helps a neighborhood friend in her 90s, as well as usually having one or two of her family brood with her at home. Hats off to you, Shirley! You are amazing!

"**Rilla Putnam Martin** is still living in her home in Gardner, MA, and has family members living with her at times. She is active and has a garden. As I mentioned in my communication last year, Shirley Martell and I returned to the Fisher family cottage after the President's Brunch on Sunday at our 65th reunion. Then on Monday, we drove to Gardner to pick up Rilla and continued on to Warner, NH, for a delicious lunch and afternoon of visiting with **Juanita Parsons Nolan** and her daughter.

"**Juanita Parsons Nolan** and I are hoping for another get-together before cold weather sets in. She and daughter Kim have a home together. Juanita is experiencing some joint problems, but still gets around. It is great that we can see each other once in a while.

"**Elizabeth Purington Straw** is still a force of energy, using a cane now. She is very active in the Weare Historical Society, with her family, and helping others.

"**Mary E. Fisk Thickstun** has a walker to help her get around in



PARENT FAMILY WEEKEND

her apartment in Gaithersburg, MD. Years ago she had two back operations, and she has arthritis, but still enjoys playing bridge. She has a son in New York and nieces in Michigan and New Hampshire. Although she is unable to make long trips, she is content to be as independent as possible.

"Beatrice B. Young Towne stays in touch by letters. She enjoys corresponding with classmates. Bea wrote in July, 'Three weeks ago I fell and broke my neck. I'm in a brace and the doctor will be checking it. I hope it is healing. With my limited vision to add to things, I'm not having much fun.'

"Shirley Hubner Tyler has had a very productive life, always busy on campus during our college years during WWII, taking the accelerated course to go out to teach before graduation, as others did at that time. With marriage and children she also became involved in Vermont's educational system, serving for an extensive period of time. She had a triple bypass recently and her husband has had health problems over the past years, slowing them down, but still interested in ongoing changes in life around them.

"Ruth also writes that Anne Melkier Deasy's husband, John, died early in July. He was 86 and they had been married 53 years, which is a long time, but not long enough. All of us who were married understand that, and everyone sends the message, 'May your faith sustain you, and your memories of your life together, and your sons be your guiding light in the difficult days ahead.'

1948

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

1949

65TH REUNION
June 6-8, 2014

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

1950

Norma Walker '51 had a phone call from **Carlton Nutter**, who lives in the Villages, FL, with an update on his sister **Glenna Nutter Yeaton '51**. Carlton has planned his annual visit to Arizona to visit his amazing family. He told about all the wonderful accomplishments each one is making/has made.

Maurice "Moe" Bowler served as a host at the Golden Circle Luncheon held at Hart's Turkey Farm, Meredith, NH. His classmates **Marjorie Partington Soucy**, **Priscilla Holmes Roberts**, and **Arlene Parker Tatro** were also present. **Richard Tremblay** attended the luncheon at Keene State College.

1951

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

Martha Bassett Sargent spent the 4th of July week in New Hampshire enjoying a Bassett

Family Reunion of 110 attendees. Her son from Colorado and daughter from Wisconsin also were there. Martha and Dick celebrated their 60th wedding anniversary.

Norma Walker writes: "It was discovered in a chat with **Margaret Harrigan** that she volunteers at the local hospital. Good for you, Margaret. I'm sure those you are in contact with enjoy your presence.

"Pauline Bullard Brown and husband spent part of the summer in Maine. How I envy them.

"If you want to know a very busy classmate, it is **Barbara Sullivan Brooks**. She does antiques, activities for her church, is very involved in her town's Historical Society, and I'm sure there are other activities in her life. Retirement seems to be the time you do all the things you couldn't because of your job. I did have a nice chat with her on the phone.

"Our class sends their thoughts out to **Richard and Margaret Rogers** on the loss of their son. We know it isn't an easy time for them and their family.

"Elaine Schmidt Chesley joined Norma and other alumni and guests on the Squam Lake boat ride in July. It was a perfect day to be out on that beautiful lake. The driver of the boat gave us information about the lake and surrounding mountains and shared some tidbits about the filming of *On Golden Pond* that took place there.

"Great to have **Del Langille** and **Richard Rogers** at the luncheons.

"Bevalie Bonardi Bouchard's sister told me that Bev spends the

summers in Alaska (where she lived and taught for many years) and the winter months visiting her children in the lower 48. That sounds like a great way to live."

1952

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

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

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

Class Secretary **Winnie Langtry** writes: "**Anita Nestor** lost her older sister, Vera, in June. She was almost 99 and quite active right up to the end. Anita came to Massachusetts for the funeral in August with her sister Anna. **Irene Parent** and I had hoped to get together with some classmates then, but due to illness and other commitments, we were not able to see Anita this time.

"In June, **Claire Waterhouse Simensen** and I attended the Golden Circle Luncheon in Concord. We joined six others at our table: **Betsy Wiggins** and her husband, as well as **Marjorie Partington Soucy '50**, **Priscilla Partington Sargent '50**, **Priscilla Holmes Roberts '53**, and **Arlene Parker Tatro '50**. We had a delicious meal and a great time together.

"In July I attended the Golden Circle luncheon at the Keene State Alumni Center and was treated to a beautifully prepared



meal. **Don** and **Charlotte Carle** and I attended. **Irene Parent** was sick, so she and husband **Bruce** were unable to attend.

"I had looked forward to meeting our new college president, **Dr. Anne Huot**, at the Keene gathering, but the day before, I received an excited phone call from **Anita Nestor**. She had just had lunch with Dr. Anne Huot near her home in California and she was so delighted to tell me how friendly and approachable she really is. 'Winnie, you will just love her!' She told me what a nice visit they had over lunch. Anita has a scholarship at Keene State College and is also leaving a portion of her estate to that fund as well.

"I finally did get to meet Dr. Huot at Hart's Turkey Farm and look forward to going to Keene and spending some time letting her know how passionate I am about our scholarship funds for students. Without those scholarships, I would never have gotten my degree from Keene in the first place.

"To all of you classmates, please send us a note and tell us about what you are doing – and other classmates' activities as well. If you are in touch with others and they change addresses or move into other areas, let us know.

"**Mary Conroy** sent in a picture of her granddaughter's graduation and all the family with her. **Grace Chandler's** grandson received his medical degree in Boston and is starting his residency.

"I had a granddaughter get married in Portland, OR. Several of the family attended and I received pictures of the happy couple with-

in 15 minutes after the wedding via Facebook! I also had a great-granddaughter born in Pennsylvania. My other great-grandson, born in Houston, is now getting ready to walk. Life is good.

"Help us spread the word of what a great college we have, but we need to support our students and help them become the next generation to help change our world to a better place."

1953

Donald J. Johnson
695 Clement Hill Rd.
Deering, NH 03244
dj11@nyu.edu

Patricia Winn Slayton is still living in Portsmouth, NH, where she retired from teaching third grade. She writes, "My time is spent enjoying my children and grandchildren and enjoying the seacoast."

1954

60TH REUNION June 6-8, 2014

Mildred E. "Millie" Shedd died in Ann Arbor, MI, on July 21, 2013. She was a native of Newport, NH, and attended Keene Teachers College. During college, she earned her board and room by living with a family in Keene. Millie will be remembered by generations of children that she taught in Rocky Hill and Wilton, CT, and Ann Arbor, MI. She was an exemplary teacher who never lost her enthusiasm for working with young children. Her creative methods in the classroom were legendary. Millie paid a visit to old friends and to KSC in 2009.

A Feel-Good Investment

Bartlett Swett '56, now affectionately known as "Doc," has been planning for KSC for a number of years. He is retired from a career as a teacher and then a university professor and administrator, but he continues to run an antique store, Doc's Place, in St. Petersburg, FL.

Long a donor to Keene State, Doc's plans for the College revolve around his estate. He is a member of the Wood Heritage Society, having named the College in his will. He also created a charitable gift annuity with KSC and receives regular investment payments from the annuity. "This has been a good investment," says Doc. "I get regular income from the annuity and know that the balance will benefit KSC students in the future. It feels good."

To find out more about gift annuities or estate planning, contact **Ken Goebel**, director of Development: kgoebel@keene.edu or 603-358-2378.

1955

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

1956

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

1957

Cynthia Randall Faust
77 Sand Hill Rd.
Peterborough, NH 03458
cynjon2fl@centurylink.net

1958

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

1959

55TH REUNION June 6-8, 2014

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

From Class Secretary **Carol Gatcomb Riel**: "It's time to dig out your yearbook and take a look at all the friends you haven't seen for 55 years. If you're lucky, maybe



you have kept in touch with a few. We had a meeting on campus this week – what a beautiful place. Most of you will be impressed when you come back. There will be lots of good food and time to chat. Also, put the Sunday brunch on your “to-do” list. The opportunities this great facility provides will make you proud. Keep this in mind when you’re considering how to help a young man or woman fulfill the dream of an education by donating to our class scholarship. Hope to see you at our 55th KSC Reunion.”

1960

Gail Spevack Sheldon
241 Blucher St.
Manchester, NH 03102
sheldon-sheldon@comcast.net

Gail Sheldon shares some remembrances of classmates who have recently died:

“**Anne Bordner Boudrieau** attended our 50th reunion. She taught for 40 years, married **Dennis ’74**, had three children, eight grandchildren, and was happily expecting her first great-grandchild in April 2011. She lived in Rindge, had a lake summer place, and a winter home in Florida. Both a daughter and granddaughter are KSC grads. She was a lifelong friend of both **Donna Lindsay Levesque** and **Joyce Croumie Bryant**. Her words: ‘Teaching was my calling and I enjoyed working with young people.’

“**Bob Stapleton** attended several reunions and was an Alumni Fund contributor. In 1974 he taught at Stevens High in Claremont, NH. Bob lived in the Springfield, VT/Hanover, NH area.”

IN THE NEWS

Langdon Plumer ’60 was named 2013 Citizen of the Year for Exeter, NH. “I’m deeply appreciative and humbled by it,” he told the Exeter News-Letter. Plumer has long served the town, having been first vocational director and then principal of the Seacoast School of Technology. He’s now retired, but is still involved in the school, in the Exeter Lions Club, with Christ Church, and as a 15-year member of the town’s planning board.

Lewis “Lee” McMahon ’60 of Walpole, NH, was honored as a 50-year member of the New Hampshire Bar. The retired lawyer, who was a pilot in the Massachusetts Air National Guard, handled numerous cases in the aviation field, including representing the estate of the captain of PanAm Flight 103, which was blown up by terrorists over Lockerbie, Scotland, in 1988.

1961

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

Ruth Doan MacDougal discussed her book *One Minus One* at the Moultonborough Public Library this fall. The book is set in the 1960s, introducing a young woman who lives in Portsmouth, NH. Classmates, don’t forget to read Ruth’s book.

Bob Saulnier reports that we need your contributions to expand our scholarship fund to the next level so our class may give out two scholarships every year to well-deserving applicants entering the teaching profession. If we all give just a little more, our goal of \$50,000 will be reached. Be sure to write on the check, “for the Class of 1961 fund.” This year’s recipient was very grateful. Bob is doing a great job helping our class to be well represented as donors for KSC students.

Dorothy Bean Simpson went to her first Golden Circle meeting this summer at Hart’s Turkey Farm.

“What fun seeing other classmates and meeting the new KSC president. I would encourage you all to attend a luncheon meeting. You will be so proud of updated news about KSC.

“For all of our classmates headed south this winter we wish you good weather – and send us news.”

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

IN THE NEWS

Paintings by retired writer and illustrator **Wallace Tripp ’62** were exhibited at the Hancock, NH, library this summer. Wallace divides his time between Peterborough and Frankestown, NH.

1963

Elizabeth Butterfly Gilman
277 Coolidge Dr.

Portsmouth, NH 03801-5740
betty277@comcast.net

Bruce Cambigue and his wife, Claudia, attended his 50th KTC reunion this spring.

Betty Gilman writes: “Although our 50th reunion was six months ago, many continue to talk about it because of the connections that were rekindled. In all, there were about 45 attending one event or the other or just stopping by to say hello. All who gathered were able to reconnect, reminisce, and rejoice. We missed many that were not able to attend and honored the 49 classmates no longer with us with a memory board display.”

Thanks to all who made this event possible from beginning stages of planning through all the week-end’s events. The reunion planning committee included: **Pat Plante Zemianek**, **Carol Racicot Lord**, **Paul Bonneville**, **Allan Saulnier**, and **Betty Butterfly Gilman**. **Ray Jobin** and his wife, **Dot ’62**, made buttons using our yearbook pictures to help us connect faces to those of the past. **Ellie Given Wright** entertained all by walking us down memory lane during our evening dinner. Finally, we would not have been able to make any of this celebration happen without the help of the Alumni Office, especially Director of Alumni **Patty Farmer ’92**, Senior Major Gifts Officer **Sean Gillery ’89**, and KSC’s volunteer extraordinaire, **Norma Walker ’51**.

Special thanks to all our classmates who contributed to the Class of ’63 gift fund. Presented at the luncheon was a check for \$20,000, which will establish a



scholarship in honor of our class as the last to graduate under Keene Teachers College. Your continued support will sustain these funds for years to come.

During our efforts to contact members for the reunion, many of us personally contacted classmates. **Joan Roberts Noyes** recalled KSC with fond memories. She and **Roger Noyes** are retired and living in Maine.

Karen Miller Alexander remains actively working as a reading intervention teacher and loving the work one-on-one with young children. She visits her children and grandchildren as time and opportunity allow. She looks forward to connecting one of these days.

Although they were not able to be in New Hampshire, both **Linda Woodward Geiger** and **Floreen Maroncelli** responded to the class questionnaire. Linda writes that she is a certified genealogist and lecturer after teaching high school math for 27 years. She wishes all "great health and happiness." Floreen now lives in Southern Pines, NC, and spends most of her time riding and driving horses in addition to volunteering for various animal organizations.

Over the coming months, other questionnaire responses will be published. If you did not get a chance to send your response, please let Betty Gilman know and she will email or mail a copy out to you. Meanwhile, we hope to connect at a Golden Circle Luncheon – yes, we are eligible!

1964

50TH REUNION
June 6-8, 2014

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

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

Rene and Janet Clarke have had some big adventures. They went

to Oahu and Maui for two weeks to celebrate their 50th anniversary. While there, they climbed Diamond Head, took a Segway tour, visited the USS Arizona Memorial and several WWII military bases – their fathers were both stationed on Pearl Harbor during the war – snorkeled, parasailed, kayaked, took a zip line ride, and more. "Not a bad vacation for 71-year-olds!" They write: "We are looking forward to coming back to KSC in June 2014 to participate in the annual reunion. Let's get as many of our classmates there as possible to make this really special."

Ken Morris writes: "Next year I am going on a 16-day cross-Atlantic cruise from New Orleans to Barcelona. . . . I then might fly to Istanbul and take a bus tour of the ancient sites of Turkey while I am in Europe."

From **Lou Tremblay**: "My wife and I have purchased a home in Melbourne Beach, FL, and will spend half the year there and summers in Connecticut. My primary activity now is playing golf. I still spend some time in North Dakota on staff at a paleontology field camp and do volunteer lab work at the Yale Peabody Museum. The T-Rex I found in '97 is on display in three museums in cast form and will soon go on display in another museum using the actual bones. I still get together annually with classmates **Allen Leach** and **Brenda and Dennis Flint**."

1965

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

Jane Morgan of Milton, VT, is an artist who has organized a Plein Air Festival for the past three years. Jane has four grandchildren in Sweden, two in Vermont, and two in Virginia. Her daughter and son-in-law live in Sweden, her son and daughter-in-law live in Maine, her stepson lives in Vermont, and her stepdaughter lives in Virginia. Jane and her husband traveled to Sweden to celebrate her 70th birthday as well as to Bermuda.

Robert Wirta of Venice, FL, and Bradford, NH, enjoys fishing, golf, and traveling to Manitou, CO. He has three daughters and one grandchild, Ezra. Bob is the last full-blooded Finn in his family.

Carol Jeffrey of Keene visited Dr. Hal and Mrs. Kacanek in Wisconsin last spring. On her way back through Michigan, she visited **Paul Kacanek '64** and his wife, Marty.

Margaret McShea of Nashua recently traveled with her daughter to Anchorage, AK, in a rented motor home. She has two grandchildren: Kyle and Molly. Margaret is a Florida snowbird who spends six months down there and six months up here and enjoys bike riding.

Mike Emond of Granville, NY, and his wife, Fran, traveled to Portsmouth, England, in November 2012 and winter in Florida each year. Their oldest grandchild, Paige, was married on their property last fall. Mike plays guitar and sings in church, plays sax and marches in a band, and plays percussion and sings in a chorus. He coached six different sports in 34 years of teaching and coached cross-country for 28 years.

Wayne Gates of Columbia Crossing Roads, PA, enjoys reading, crosswords puzzles, and mowing the lawn. He visited New Hampshire last year. He has four children and 12 grandchildren.

Judy Stroncer of Englewood, FL, and Hampton, NH, visited Gold Rush Country in California last spring. She enjoys walking the beach and biking to stay relatively fit. Judy has one son and one granddog!

Loisanne Foster of Marlow wrote a play, "Coming to the Marlow Frontier," about the settlement of her unusual town, and the elementary school produced it last spring for an appreciative audience. She retired in 2002 but still works part time in a program for severely learning disabled teens.

Julie Jakobiec Fudala of Charlottesville, VA, is pursuing history and "pol sci" courses at UVA. She

cruised in France with her family and traveled to Napa Valley to celebrate turning 70. Julie spends holidays with her family mid-state and partakes of working on the world's largest crossword puzzle! Her family enjoys their summers at Smith Mountain Lake.

Donna Stiles of Somersworth is busy with a ukulele band, book discussion group, church choir, kayaking, paddle boarding, traveling, and aiding hospice as an RN. She can hit an E on the music scale when not tending her vegetable garden or going to Planet Fitness.

Linda Roberts Candela of Norfolk, MA, stays busy reading and gardening. She has two grandchildren, ages 8 and 11. Linda has been retired for three years and enjoys New England.

1966

Nancy Coutts
175 South Main St.
Brattleboro, VT 05301

1968

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

1969

45TH REUNION
June 6-8, 2014

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

1970

Susan Campbell
15 New Acres Rd.
Keene, NH 03431

1971

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

1972

Debra Davis Butterworth
21 McAuley Rd.

Cape Elizabeth, ME 04107
dbutterw@maine.rr.com

Roger Hartwell
17 Meadow Ln.
Enfield, NH 03748

1973

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

1974

40TH REUNION
June 6-8, 2014

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

Trudee K. Rice, who lives in Claremont, NH, earned her master's degree in educational administration in 2000, and retired from teaching in Claremont in 2010 after 31 years. Trudee writes, "I am currently enjoying my three grandchildren, bird watching, community theatre, and volunteering. My daughter Paige is a preschool teacher at Disnard Elementary School in Claremont. Looking forward to our 40th reunion."

Nancy Banas McWay writes, "My husband and I moved to Spring Hill, FL, in 2004 after living for many years in Suffield, CT. We are avid gardeners and our children live in Connecticut, North Carolina, and Montana, so we get to travel to see them. We are Tampa Bay Rays fans and are fortunate to have a great local theatre in town, which allows us to see stage productions monthly." This year she and her family did some whitewater rafting on the Yellowstone River. In addition to visiting with her children, they also traveled to Wyoming, Arizona, Nevada, South Carolina, and the Florida Keys.

Richard Meyerson writes from Del Mar, CA, where he lives with his wife **Linda '75**. He has been president of Traveltrust Corp. since 1983. "Working hard but not as hard as when I started the business. Have a vacation home

nearby that I frequent on week-ends. Travel somewhat for fun. Hobbies include sports cars, classic cars, and motorcycles."

Richard has a 29-year-old son living in Beijing, China, which he visited this year; his 24-year-old daughter lives and works in the San Diego area.

"I met my wife of almost 31 years at KSC. We lived together for 18 months and then she went off to do student teaching in Appalachia and I stayed in Keene and went to Antioch for a graduate degree. We drifted apart. I moved to Santa Barbara, CA, then to Miami, FL, then back to California in the LA area. During that time my wife moved to Atlanta after her graduation from KSC in 1975. We reconnected after six years. We moved to San Diego and I started my business a year after getting married. We are still in love, with the usual bumps in the road along the way. But I do have KSC to thank for my last 31 years for sure! Her name was Linda Katz when she was a student there.

"My wife would like to hear from **Carolyn Lynch '75** who was from Framingham, MA. A woman by the name of **Randy Mones** would be nice to hear from. She was the reason I met Linda."

Richard writes that he is planning to attend the 40th reunion.

1975

Anne Dunwoody Hunter
20 Highland Dr.
Henniker, NH 03242

Margo Merrow Karamanoogian
27 Sandstone Dr.
Bedford, NH 03110
mmk1953@comcast.net

From Class Secretary **Margo Merrow Karamanoogian**: "I recently had the pleasure of seeing a few TKE boys, **Wayne Quiet**, **Bob Fredette**, and **Ken Karamanoogian**, at a party for our son's 30th birthday celebration. Great fun talking about the 'old days.'

"I am currently teaching at Manchester Memorial High School (NH), and enjoying it very much. I

would love to hear from everyone."

Ingrid Dzenis Hart writes: "I retired in 2010 after a 35-year teaching career, finishing up my last 33 years teaching math at E. O. Smith High School in Storrs, CT. Am loving retirement – though it seems like only yesterday that we were hanging out on Appian Way! My husband and I, along with our eight cats (all rescues), reside in Vernon, CT. Still keep in touch with friends **Janet Lawson Saulpaugh** and **Julie Grauslys Emerson**. Would love to hear from college buddies!"

Janet Lawson Saulpaugh writes that she is enjoying retirement: still playing tennis, but has taken up golf and is hooked. She's wondering how **Betty Boissy '76** is doing.

1976

Philip Bellingham
20 Transit Ln.
East Hartford, CT 06118

From **Phil Bellingham**: "In New Hampshire it's a little slower pace. Remember those days? I'm talking 37 years. Wow! Then it was with computer science and Fortran IV. Don Land, our teacher, said it would be an electronic age someday. Just keep those batteries charged.

"All's well with your class notes 'scribe,' keeping the good times rolling. Now it's off to Block Island for some fun and sun."

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

1979

35TH REUNION
June 6-8, 2014

Bill Reed
3 Mayfair Ln., Apt. 206

Nashua, NH 03063-7645
billreedjr@myfairpoint.net

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

1980

Allison Ashley-Bergstrom
212 S. Leandro St.
Anaheim Hills, CA 92807
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
cgo21@aol.com

Janet Carsten Shaffer
13004 Gleneagles Pl.
Riverview, FL 33569
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

30TH REUNION
June 6-8, 2014

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

1985

Alison Ahmed-Regen
1194 Lees Meadow Ct.
Great Falls, VA 22066
ahmedregen@aol.com

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

1986

Tori Berube
35 Andrew St. #4
Manchester, NH 03104
toriberube@aol.com

Michael Trabucco
361 Park Ave.
Arlington, MA 02476
mptabucco@hotmail.com

Class Secretary **Michael Trabucco** writes: "Hi everyone. Once again, I'm asking that you take a minute to send a little something to our class notes. You're reading this 'cause it's fun to see what people are up to, right? If you don't write in, we won't have anything for the next issue. It just may be that someone out there wants to know what's been going on in your life. I, myself, am still in the Boston area – so if anyone wants to plan a mini-reunion, I'm all for it! In the meantime, check out our Keene State College Class of 1986 Facebook page."

After 26 years as a special ed teacher, **Jill (Weiner) Marocchini** took an administration job at CREC supervising special ed staff at five magnet schools. She got together with **Karen (Coughlin) Slattery** and **Bill Meskill**. "The KSC stories we remembered and shared were hilarious, and we couldn't believe how long we've known each other! My oldest just started college, and my other two children are in high school. Time really does fly!"

On July 26, **Tori Berube**, **Diane Delisio**, **Carol (Falkenham) Arnold**, **Lisa (Panzo) Smyth**, and **Deb (MacPhee) Brown**,

a.k.a. "The Sunshine Club," gathered for their annual summer reunion in Ogunquit, ME. This particular weekend also marked the occasion of the first to turn 50 (Tori)! A fantastic weekend of sunbathing, swimming, talking, laughing, shopping, and most of all singing show tunes 'til all hours of the morning was had by all.



We regret that we ran a photo and news from **Chris Pangalos '86** as if he were a member of the class of 1987! Of course, the class of 1986 knows better; apologies to **Chris** and to stalwart Class Secretary **Michael Trabucco '86**. Congratulations, **Chris**, on being inducted into your high school's Hall of Fame (pictured).

From **Carey Campbell Leonard**: "Hi, Keene State class of '86. I've lived in Stratford, CT, with my wife, Cheryl, and 12-year-old Amanda for the last nine years. I got my elementary ed teaching degree, but have been unable to find a classroom position. However, I have been working for the past three years as an elementary level paraprofessional (teacher's assistant) at Greens Farms Elementary in Westport, CT. It's very gratifying to work alongside great teachers, and to help students learn and grow. I miss Keene! I haven't been back in about 10 years or so, probably more! I'd look forward to hearing from some of my old college chums, so you can look me up on Facebook!"

1987

Lisa Corrette Livingstone
54 Regan Cir.

Raynham, MA 02767
lcorrette@aol.com

Samantha Barrett McKinlay
2400 Country 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

25TH REUNION
June 6-8, 2014

Maribeth Marsico Gesler
463 Juniper Ln.
Cheshire, CT 06410
mbmars@cox.net

1990

Lauren Aborjaily Griffin
17 Monhege Path
Marlborough, CT 06447

Shelly Brodeur Masson
173 Raven Cir.
Williston, VT 05495
shelly_m627@comcast.net

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

1991

Karen Dicey
PO Box 88
Exeter, NH 03833
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

1994

20TH REUNION
June 6-8, 2014

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

Cara H. Staus
2180 Stanley St.
New Britain, CT 06053
arac95@yahoo.com

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

1996

Karen Holmes Reinhold
132 Overland St.
Manchester, NH 03103
dccxi@yahoo.com

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

Rob Ferragina is national sales

IN THE NEWS

In November, **Dana Hillyard '95** was elected mayor of Somersworth, NH, beating the incumbent in a close race. Hillyard, a former city councilor and state representative, is principal of Somersworth Middle School.

director with Finch Paper LLC, of Glens Falls, NY. Rob leads the North American sales team for the organization. In addition to a BA from Keene State, he holds a Master of Administrative Science from Fairleigh Dickinson University and a Master of Arts in History from Monmouth University. He and his family live in New Jersey.

Class Secretary **Karen Reinhold** writes: "**Mark '98** and I celebrated 15 years of wedded bliss with a simple dinner out without children! We have spent our summer camping, day tripping, and vacationing on Cape Cod, as well as making visits to see family. I have been working for the Manchester, NH, school district and am finishing up my recertification after being home with our two boys (9 and 13 now) for the majority of 13 years. I am so happy to be back doing what I enjoy most, teaching our future. Please keep the notes coming – it's great to hear from you!"

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

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

Lisa Demers Harvey and husband, Dana, welcomed a son, Brendan, on December 19, 2012.



Elyse Sullivan '86 visited Beijing, China; Phuket, Thailand; and Singapore. She wrote in July, "It was an amazing adventure but like all vacations, it's good to be home. We will spend the remainder of our summer on Highland Lake in Stoddard, NH." Pictured are Elyse with her husband, John, and their daughter Molly on the Great Wall, enjoying their favorite publication.

1999

15TH REUNION
June 6-8, 2014

Jason Hindle
8 Spruce St.
Somersworth, NH 03878
jsnhindle@yahoo.com

2000

Danielle LePage Zimmerman
3 Tracey Ave.
Nashua, NH 03063
danni@thezims.net

2001

Christine Leland Williams
54 Eastern Ave.
Woburn, MA 01801
mrsquattro@gmail.com

2002

Jessie Gannett Heath
59 King Road
Chichester, NH 03258
jheath@wrsdsau59.org

2003

Angela Watson
55 Davidson Hill Rd.
Westminster, VT 05158
angela_watson7579@yahoo.com

Danielle Popyk
20 Main Street, Unit #1
Somerville, MA 02145
danielle.popyk@gmail.com

Jeromy Nelson and **Beth Horan Nelson** are excited to welcome their second and third children, twin girls born on May 10, 2013: **Ellie Joy Nelson**, 5 pounds, 13 ounces, and **Lissa Hope Nelson**, 6 pounds, 5 ounces. Jeromy, Beth, and **Lucas** are incredibly happy about the additions to their family.

David Caplette and his wife, **Jennifer**, are thrilled to welcome their first child, born on May 21, 2013: **Karleigh Summer Caplette**, 8 pounds, 4 ounces, and 19.5 inches.

Bryan Markiewicz was named assistant principal of ACES Mill Road School in North Haven, CT.

2004

10TH REUNION
June 6-8, 2014

Alison Thompson
18 Mount Pleasant Ave.
Wakefield, MA 01880
alit8@aol.com

2005

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

Julie Cohen and **Seth Cohen '04** had a baby boy named **Kazden Joseph Cohen** on April 27, 2013. He weighed 8 pounds, 1 ounce,

and was 20 inches long. Julie writes, "We are absolutely in love!"

Shane Dunn works as a project manager for Environmental Packaging International, an environmental consultancy based in Rhode Island, where he develops and advances sustainability strategies for consumer package good companies, retailers, and packaging manufacturers with a focus on project and packaging stewardship. He has published several articles on sustainable packaging.

2006

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

2008

Kelly A. Mullane
1820 Commonwealth Ave.
Apt. #20
Brighton, MA 02135
kelly.a.mullane@gmail.com

2009

5TH REUNION
June 6-8, 2014

2010

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

Elizabeth Hughes is the lead graphic designer for SmartDoc Technologies, an Adobe partnered company, based in Iselin, NJ. A mobile application she developed for Sotheby's International Realty was chosen by Adobe as "App of the Week." Elizabeth's current projects have been in mobile app development, web design, and interactive form design. She lives in Jersey City, NJ.

2011

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



Katy Mays '06 married **Jason Sleczkowski** on May 24, 2013. Pictured are (left to right) **Nicole French '05**, **Jenna Zemrak '07**, **Alyssa Beal '07**, **Jason Sleczkowski**, **Katy Mays '06**, **Kate O'Neill '05**, **Michelle Quenneville-Johnston '05**, **Amanda Banks '05**, and **Casey Banks '05**.



Joe Calcagno '06 and **Amanda Dimon '07** were married in Hamburg, NJ on September 29, 2012. Over 20 KSC graduates were in attendance, including **Andrew Pearl**, **Lou Penella**, **Dave Warren**, **Andy Hamilton**, **Ryan Wells**, **Adam Danielson**, **Danielle (Chiccarelli) Danielson**, **Seth Picconi**, **Matt Kornfiend**, **Joe Andreozzi**, **Sarah German**, **Nikki Tuttle**, **Tom Loughman**, **Jess (Hartz) Loughman**, **Jess (Caceci) Clifford**, **Todd Clifford**, **Kate (Pryzybski) Kapisak**, **Meghan Kivney**, **Megan Clerkin**, and **Alison Walgren**. **Steven Jackson** was there in spirit.

2012

Marie Avery
101 Capen St.
Medford, MA 02155
Marieavery2012@gmail.com

Alison Reynolds studied graphic design at Keene State and earned a BA. She started at Milk* Sono as an intern in June 2012 and by April 2013 was asked to join the team as a junior art director.

After graduation, **Mary Beth Bjork** entered the competition for

the title of Miss Auburn (NH) 2013 through the Miss America Scholarship Organization. She will crown Miss Auburn 2014 in January. Since winning the title, she has done a lot of volunteer work with the American Cancer Society's Relay for Life. She met with Governor Maggie Hassan on behalf of the Miss America organization and the American Cancer Society, asking her to sign SB 17, protect "Let No Woman Be Overlooked," and provide NH residents federal funding for Medicaid. She



Ashley (Lister) Starzec '07 (center) married **William Starzec** on May 18, 2013 on Martha's Vineyard. In attendance were fellow Keene State graduates **Chelsea Quirion Cadman '07** (left) and **Kari Gardner '07** (right).

is a representative member of the NH Breast Cancer Coalition. Mary Beth's message: "I want to be able to continue to make a positive impact in other people's lives. To be able to educate someone about breast cancer and help them reduce their risks is an invaluable gift, which I want to be able to give to others with the Miss America Program. Having loved ones battle breast cancer has had a huge impact on my life and I want to share the importance of awareness to our community."

Rosemary Urato is an environmental artist, painter, photographer, poet, and filmmaker who says her artwork is best defined as mixed media. After graduation

she entered a low-residency MFA in interdisciplinary art program at Goddard College in Plainfield, VT. She writes: "When I attend the week-long residencies, I join a community of artists filled with inspirational ideas. My studies are focused around creating environmental awareness in my local community."

She also works as an after school program instructor at Hillsboro-Deering Middle School. "I thank Keene State for showing me the inspiration of helping the environment through art. I would like to acknowledge Peter Roose and Mary Crawford for supporting me through my years at Keene State. They are a huge reason why I have become so passionate about art."



Joseph and Ashlyn (Clayton) Pasqual married July 19, 2013. Alumni in attendance included, left to right, **Meaghan Cassidy '11**, **Brian Pember '11**, **Nicole Conner '12**, **Joseph Pasqual '11**, **Ashlyn (Clayton) Pasqual '11**, **Alyssa Fucci '11**, **Robert DiGangi '11**, and **Brianna Clayton '13**.

In Memoriam



Velma L. Gunn '27
January 31, 2007

Marcon W. Stafford '27
May 3, 2004

Mary R. Dye '28
April 19, 2007

Margaret Burnham '29
January 6, 2008

Edna M. Hecker '30
May 11, 2007

Janice K. Richards '30
February 2, 2010

Grace S. Sullivan '30
November 24, 2005

Pauline L. Webb '30
August 15, 2004

Lois M. Cragin '35
July 2, 2012

Jeannette Therrien '35
August 18, 2013

Wesley Brett '37
October 30, 2013

Ruth Jenisch Wivagg '40
July 20, 2013

Helen Nawoj '44
May 23, 2013

Randall A. Marden '48
October 29, 2013

Marie L. Walsh '49
October 11, 2013

Nicholas Hatzos '51
October 2, 2013

Peter Panagos '56
September 8, 2013

Fred E. Currier '57
April 29, 2013

Herbert S. Merritt '57
August 18, 2013

John J. Carroll '58
July 2, 2013

Mary Lee Kimball '58
July 7, 2013

Shirley C. Heise M'59
August 22, 2013

Peter H. Beane '66
August 19, 2013

Pamela A. Hill '66
June 22, 2013

Patricia Fitzgerald '66
July 24, 2013

Lawrence W. Howard Jr. '67
December 8, 2010

Janet Babcock '69
July 23, 2013

Mary L. Vitale '72
March 4, 2013

Mary B. Milanese '74
May 13, 2008

Karol K. Bottinger '75
September 5, 2013

Edward Sanders '80
August 6, 2013

Beth A. Wray '99
October 14, 2013

Daniel A. Mullins M'01
October 9, 2013

Whitney Foster Cadmus

Whitney Foster Cadmus '88 died October 7, 2013, at her home in Walpole, NH. She came to Keene State in 1979 and worked in various roles until her retirement in 2003. Whitney understood the value of education and set high expectations for herself and for the students she mentored.

Several years ago, Whitney created the Frederica Tench Foster and Whitney Foster Cadmus '88 Scholarship Endowment, in memory of her mother, to benefit non-traditional students pursuing a degree at KSC. Gifts in Whitney's memory may be directed to her scholarship and mailed to the attention of Sean Gillery at Keene State College, 229 Main Street, Keene, NH 03435-2701.

LEVINE MELLION HONOREES

Two Keene State families were recognized during Parent/Family Weekend this fall. James and Becky Copithorne of Wolfboro, NH, and Anthony and Debbie Purinton of Brunswick, ME, received LeVine Mellion Parent Awards. The parents were nominated for the award by their daughters, students Kendra Copithorne and Kayla Purinton.

The LeVine Mellion Parent Award was established in 1983 by the children of **Dr. Gilbert LeVine Mellion** and **Ruth Berman Mellion**. Bruce, Paul, Joan, and Dan created the award and fund to recognize and thank their parents for their unyielding encouragement and support and their insistence on the importance of education. Bruce, Paul, and Joan are KSC alumni. Since its inception, this award has recognized KSC parents who have gone above and beyond the usual in the support of their children.



The Copithorne family



The Purinton family

UPCOMING ALUMNI EVENTS 2014

More information to come! Have suggestions on a meeting spot or want to volunteer to help host one of the events in your area? Please let us know!

JANUARY

- Jan. 23 **Regional Alumni Networking Event – Burlington, VT**
Contact: Sara Telfer
603-358-2425; stelfer@keene.edu
- Jan. 31 – Feb. 2 **Winterfest 2014 – Keene State College**
Contact: Bethany Morin '12
603-358-2424; bmorin@keene.edu

FEBRUARY

- Feb. 1 **Regional Alumni Networking Event – Keene, NH**
Contact: Sara Telfer
603-358-2425; stelfer@keene.edu
- Feb. 11 **Golden Circle Event – Nokomis, FL**
Contact: Patty Farmer '92
603-358-2370; pfarmer@keene.edu
- Feb. 12 **Golden Circle Event – Tampa, FL**
Contact: Patty Farmer '92
603-358-2370; pfarmer@keene.edu
- Feb. 14 **Golden Circle Event – The Villages, FL**
Contact: Patty Farmer '92
603-358-2370; pfarmer@keene.edu

Stay up to date by:

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

MARCH

- March 19 **KSC Connections Event – Tampa, FL**
Contact: Lori Zaniboni, 603-358-2304; lzaniboni@keene.edu
- March 20 **Regional Alumni Networking Event – Boston, MA**
Contact: Sara Telfer, 603-358-2425; stelfer@keene.edu
- March 25 **KSC Connections Event – San Antonio, TX**
Contact: Lori Zaniboni, 603-358-2304; lzaniboni@keene.edu
- March 26 **KSC Connections Event – Houston, TX**
Contact: Lori Zaniboni, 603-358-2304; lzaniboni@keene.edu

APRIL

- April 3 **Regional Alumni Networking Event – Indianapolis, IN**
Contact: Bethany Morin
603-358-2424; bmorin@keene.edu
- April 10 **KSC Connections Event w/KSC President Anne Huot – Manchester, NH**
Contact: Sara Telfer
603-358-2425; stelfer@keene.edu

Save the Date

Reunion – Keene State College

June 6-8, 2014

Contact us at: 800-572-1909 or alumni@keene.edu