

Plymouth

MAGAZINE

THE MAGAZINE OF PLYMOUTH STATE UNIVERSITY | SPRING 2019

Perseverance Defines Plymouth State's Sense of Place

pg. 2

PROFILES OF PERSEVERANCE

The Plymouth State community begins and ends with students. **pg. 4**

PSU ATHLETICS: POWERED BY PASSION

Panthers distinguish themselves both on and off the field. **pg. 10**

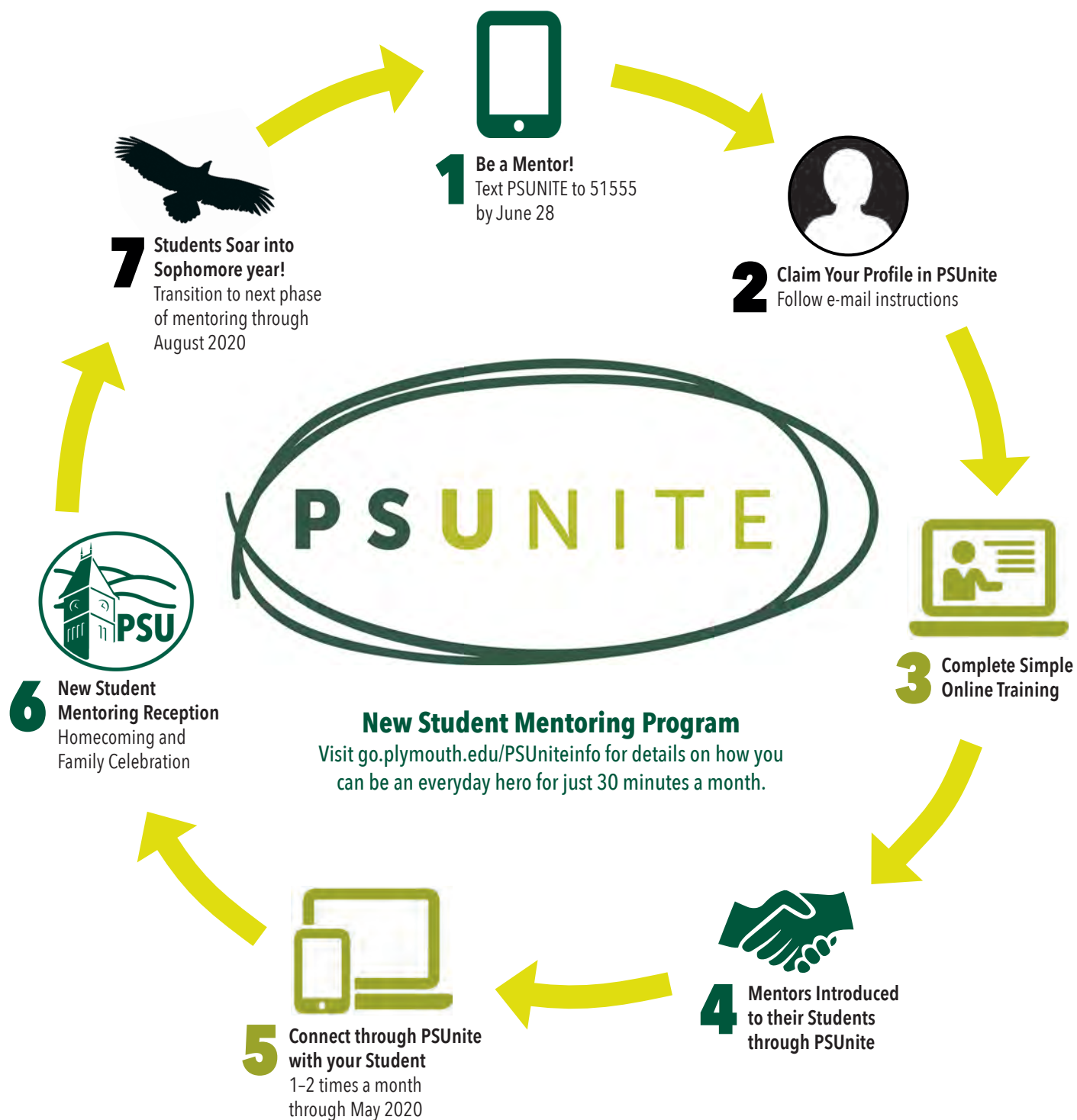
THRIVING IN A CHANGING ACADEMIC LANDSCAPE

A long history of meeting evolving educational needs. **pg. 12**

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In this issue:

Cover Story

Perseverance Defines Plymouth State's Sense of Place | page 2

4 Profiles of Perseverance

8 Teaching Perseverance

10 PSU Athletics: Powered by Passion

12 Thriving in a Changing Academic Landscape | We live in an age of upheaval that is questioning traditional practices, confounding accepted wisdom, and shattering longstanding industries.

16 State-of-the-Art Classrooms, Laboratories Bolster Student Perseverance | Student athletes need both physical and mental perseverance to advance their skills—some of the many proficiencies that Plymouth State teaches.



18 The Green | Plymouth State Alumni News & Notes | Upcoming Alumni Events | Class Notes | In Memoriam | Exchanging Vows | Arrivals

24 Alumni Profile: Heather Dowd '07 | Immersing travelers in an authentic Italian experience.



Let's Hear it for the Panthers!

The Women's Lacrosse Team won its league championship, despite not playing a single regular season game at home due to field conditions. Lauren Lavigne '94, '96G photo.

Perseverance Defines Plymouth State's Sense of Place

Plymouth State University would be an entirely different proposition if its address was in Boca Raton, Chicago, or even Nashua. The profound impacts of climate, population density, and lifestyle notwithstanding, there is also a substantial undercurrent of persistence that distinguishes the University and bonds our community.

Whether Plymouth's snowy climate and small-town location are truly shortcomings to be endured or features to crow about depends on one's perspective. "The difficulty of this place is one of its advantages," says Professor Marcia Schmidt Blaine, who coauthored a history of Plymouth State in 2014. "It builds resilience in part because it invites people outside, and to take their studies outside. It isn't a boundary that we set for ourselves but rather an invitation that we take up."

Outdoor education accompanied Plymouth's classroom instruction long before it was common elsewhere. At the turn of the twentieth century, Plymouth Normal School students were taking nature walks, tending school gardens, and drawing lessons from hands-on, experiential learning that remain an institutional hallmark to this day. Female students attired in long skirts and corsets studied aquatic flora and fauna by the river. Coed fieldwork was not the norm years ago at most colleges and universities, but Plymouth's heritage of using the landscape as a teaching resource helped overcome traditional reluctance.

Art imitating nature

Nature in the North Country has served as muse to many creative thinkers. Two men of letters closely associated with Plymouth

State—poet laureates Robert Frost, a one-time faculty member, and Donald Hall, whose artistry is celebrated by the University's ongoing Eagle Pond Authors' Series—exemplified perseverance in both their careers and works.

At the time of Frost's stint as a Plymouth professor, his writing had appeared only in agricultural publications. His bold decision to uproot his family and move to England, where prospects were far from certain, was the turning point that led to the eventual publication of *A Boy's Will*, Frost's first collection of poems. Hall's academic tenure at the University of Michigan was substantially longer, but he too took a leap of faith and became a full-time freelance poet and writer after reclaiming his family's bucolic New Hampshire homestead.

Both men mined the straightforwardness and tenacity associated with the New England archetype. In his poem, "A Servant to Servants," Frost is counseled, "The best way out is always through" and, at a later point, was himself famously quoted, "In three words I can sum up everything I've learned about life: it goes on."

In its 2018 obituary of Donald Hall, the *New York Times* called "Ox Cart Man," perhaps his best-known poem, "...an ode to persistence and practicality." These qualities were also on display in "Mount Kearsarge Shines," in which Hall celebrates a snowfall: "...we'll talk, passing the time, about weather without pretending that we can alter it: Storms stop when they stop, no sooner. ..."

A cultural hardiness

Mark Twain called New England home in the latter part of his career, prompting the humorist to observe: "If you don't like the weather in New England, just wait a few minutes."

The quip has some science to it, and the uncertainty that underlies the concept is firmly embedded in our region's sense of place.

"We're often called the tailpipe of the country" says Professor Eric Kelsey of PSU's Department of Meteorology, in reference to the prevailing winds that push Midwestern air in our direction. In addition, New England is regularly visited by moist, warm air from the tropics or the Atlantic Ocean clashing with dry, Arctic currents marching south. "The jet stream also spends a significant amount of the year across our region," he notes. "Storms generally track along that strong temperature gradient."

Kelsey is director of research of the Mount Washington Observatory. The Northeast's tallest peak is a mere 40 miles from campus and boasts one of the highest surface wind speeds ever recorded. Summit reports are a regular feature of area newscasts, allowing regional residents who may have never ventured atop the mountain to still take some ownership of its dramatic whiteouts and temperature variations.

The states in the Upper Plains often experience more drastic weather changes but, without an ocean nearby, they typically have less precipitation. "We also have a lot more nuance in our weather," says Kelsey. "We have mountains, forests, and a good amount of area above tree line, which all contribute to high variability across short distances." People who live and recreate in the higher elevations attest to extreme conditions, which have become part of the region's accepted wisdom while burnishing a culture of stoicism even down in Yankee valleys.

A New England native, Kelsey's professional evaluation has been shaped by research in many other parts of the country, from

“Tornado Alley” to glacial Alaska. “I think it’s pretty evident that people here had to adapt, find solutions, and be rugged, because of a very inhospitable environment with a long winter and lots of snow. A lot of our work that goes into growing crops, food preservation through winter, and maintaining housing has deep roots back in time and continues to this day. We know how to deal with challenging conditions and this definitely contributes to a cultural hardiness.”

Understanding challenging conditions first-hand

“Personally, it’s a place that I would not like living in as much if it was easier,” says Professor Brian Eisenhauer. The region’s routine severity also helps attract those predisposed to it, he maintains.

“When I think of the Plymouth State community, it begins and ends with students,” says Eisenhauer. “And one of the most important questions that I ask myself is, ‘Why are people choosing to come to Plymouth State?’”

The complexity of our perceptions of natural beauty is key, he believes. “Often the harsh places are conceived of as being the most beautiful. It’s not that everyone who comes here is a hiker, skier, or snowboarder, or even necessarily an outdoors person, but I think all share an appreciation for the rural way of life. Plymouth doesn’t offer a dozen movies at the mall, but if you want to experience a strong community and particularly if you have a love of the outdoors and outdoor recreation, you can find a niche here.”

As director of the University’s Office of Sustainability, Eisenhauer examines the interrelationships between society, culture, and the environment. He fears that we may have become too trusting of our technology and perhaps not prepared for the challenges we face. “It’s easier to understand that in a place like Plymouth because we do occasionally experience power and water interruptions, and in general the harshness of the natural system. Our students understand challenging conditions first-hand, which leads to increased appreciation of the natural world.”

A setting that could never be replicated

The concept of “sense of place” encompasses place attachment, or the degree of connection to a location, and place identity, which can be largely formed by the surrounding environment. The sublime lakes, rivers, mountains, and valleys that enfold Plymouth State’s campus are powerful draws that attract and retain students, motivate faculty and staff creativity and scholarship, and stir the emotions of alumni.

When the inescapable influences of regional climate and relative seclusion are added, the result is a setting that could never be replicated elsewhere. Plymouth State’s unique dualities of beauty and ruggedness, and camaraderie and isolation, combine to produce enduring feelings of community, belongingness, and devotion. To those who know and love the University, they represent much more than our address; they are our essence. ■ Peter Lee Miller



Photos: Top, Jeremy Gasowski '01 photo; Center, PSU photo; Bottom, Kaleb Hart '11 photo.

Plymouth State’s unique dualities of beauty and ruggedness, and camaraderie and isolation, combine to produce enduring feelings of community, belongingness, and devotion. To those who know and love the University, they represent much more than our address; they are our essence.



Profiles of Perseverance

When Plymouth State University Professor Emeritus Manuel Márquez-Sterling fled Cuba in 1960, his English was limited and his future uncertain, but he told himself he would make a life in his adopted country. Fifty-three years later, he was an emeritus professor at Plymouth State and a co-writer of *Marking the Moment*, a musical celebration of the town of Plymouth's two hundred-fiftieth anniversary. The production went on to win the New England Moss Hart Memorial Award from the New England Theatre Conference, another accomplishment for a man who refused to give up.

Perseverance wears many faces. For some, it manifests as triumph over adversity, while for others, it comes with showing up consistently and getting the job done. In every instance, the Plymouth State community is made stronger by the effort.



Mackenzie Fullerton '17 photo.

"I thought, 'I'm better than this, and I can do what I want,' so I turned my back on what had come before and got to work."
—Savannah Scott '22

STUDENT: SAVANNAH SCOTT '22

Savannah Scott was valedictorian of her high school class, an even more remarkable accomplishment when one learns her backstory. "Growing up, I was told I would never do anything with my life, and at age 15, I went into foster care."

Scott's odds for completing her education weren't good. According to Casey Family Programs, the nation's largest operating foundation focused on foster care, only 31 percent of children who grow up in foster care graduate high school and less than three percent graduate from a four-year college. Scott had other ideas. "I thought, 'I'm better than this, and I can do what I want,' so I turned my back on what had come before and got to work."

School had always been a refuge for Scott, so rededicating herself to study felt right. "When I was younger, school was an escape, and I felt pride in doing well," she explains. "I also had two older sisters who were role

models. Both went to college, earned master's degrees, and found good jobs. I wanted to be like them and decided I wasn't going to let my problems define me."

Scott has remained true to that commitment. She earned a 3.87 GPA her first semester at Plymouth State in the Nursing Program and has become an active advocate for the foster care system. After completing her degree, she plans to work as a registered nurse for a few years, and then may go back to school to become a nurse practitioner or a doctor.

"I know it's said all the time, and yes, it's a cliché, but anything you put your mind to, you can do," she says. "I was given so many opportunities to fail, but I said, 'No, I'm going to do something else with my life.'"



Kaleb Hart '11 photo.

STAFF: JOHN CLARK '71, '73G

John Clark, a vital member of the community for over 50 years, is something of a legend at Plymouth State. It's a bit of a surprise, then, to hear him say that he came to town under protest. "I arrived in 1967 as a student and, like some others, I didn't want to be here," he recalls. "Vietnam was a big deal at the time and I wanted to go into the service. But my parents said, 'Go to Plymouth State for one year, then make your decision.' That year changed everything."

Clark was embraced from the moment he arrived on campus. "I wasn't a great student, but I found a love of learning because of the faculty and a love of involvement with the staff. They cared about me. I'm still here and still involved, and it all spun out of that first year."

After graduating with a bachelor's in history and a master's in education, Clark taught briefly

in Ashland, NH, then returned to campus as associate director of admissions. He remained for the rest of his career, occupying a half-dozen different roles from director of the student union to director of athletics. "Changing jobs within the institution was very important to me," he notes. "I found it totally rejuvenating to learn new things and take on new challenges." Clark ended his tenure at PSU with a two-year stint managing ALLWell North, the school's outstanding academic and athletic complex. "Running ALLWell made me feel like I was 20-years-old again," he says.

Clark was also an active member of the community over the years, holding numerous part-time jobs including policeman and firefighter. This dual embrace of town and gown is no surprise: in Clark's eyes, the two are inseparable. "There's a sense that we're all in this together," he asserts. "It's evident everywhere—from things such as architecture to the shared

"You persevere because you're doing something that really matters. You're helping students to succeed, not just in school, but in life. I felt the support of the Plymouth community when I was a student, and the experience has never left me."—John Clark '71, '73G



Marine reservist and paramedic Christopher Cox '19 received the "That I May Serve" scholarship established by Col. Craig Souza '87. Mackenzie Fullerton '17 photo.

use of facilities, and the practice of giving our education students prime spots in the Plymouth public school district for teacher observations."

Clark is a firm believer in the power of PSU's shared sense of community. "You persevere because you're doing something that really matters," he explains. "You're helping students to succeed, not just in school, but in life. I felt the support of the Plymouth community when I was a student, and the experience has never left me."

DONOR: COL. CRAIG SOUZA '87

Colonel Craig Souza is a decorated Air Force veteran whose commendations include the Defense Superior Service Medal and the Bronze Star Medal. He never planned to join the military; he was simply offered an opportunity and seized it, as he has done throughout his life.

"I was working toward my degree in atmospheric science and landed an internship at the National Weather Service," he recalls. "The meteorologist in charge recommended I speak to the recruiter, whose office

"I believe in constantly moving forward, never taking 'no' for an answer, constantly learning, never underestimating yourself, and adapting to new situations."—Craig Souza '87

was in the same building, about getting some experience in the field, and the next thing I knew I was signing up for the delayed entry program."

Souza took full advantage. He was selected by both the Air Force and the Army to serve as the Army's highest-ranking meteorologist and stockpiled a rich trove of experiences. "I took assignments other people didn't want and went to places others didn't want to go to," he says. "I believe in constantly moving forward, never taking 'no' for an answer, constantly learning, never underestimating yourself, and adapting to new situations."

Souza believes that college is a wonderful environment for establishing patterns and developing mechanisms for learning, and that Plymouth State's supportive, tight-knit community makes it especially nurturing. "As a student, I took advantage of all the things that Plymouth had to offer," he says. "I worked in the athletic department, washing clothes, mopping floors, and interacting with wonderful people like John Clark, who is the epitome of service. I learned from the bottom up, watched how successful people did things, and gained valuable insights into how to lead."

Souza has drawn on these lessons ever since, which he says is why he started financially supporting the University upon graduation. "It was small amounts at first, but my goal has always

been to bring along the next generation." Today, Souza's generous total support of Plymouth State includes the recently established Colonel Craig Souza "That I May Serve" Scholarship. This annual award of \$1,000 supports an undergraduate or graduate student who has performed a heroic act as a civilian, as a current or former member of the military, or as a member of a military family. (If these criteria cannot be met, the scholarship may be awarded to a student who is in law enforcement or the fire department, or who is a first responder.) "I wanted to give others an opportunity to gain experience by working as an intern or a researcher or with a professor, rather than working a third job to help pay for school," he explains.

Souza returned to Plymouth after retiring and now spends his days giving back to his alma mater in myriad ways, cheering on athletes and sharing his gained experience.

"I've been very lucky...at Plymouth State and throughout my life," he says. "I've never been afraid to ask for help when I needed it, and I've been blessed by great mentors. I've learned that you gain more from helping others than from helping yourself. If you work hard and are open to new experiences, it's amazing what you get out of life."

PROFESSOR EMERITUS: MANUEL MÁRQUEZ-STERLING

In 1960, Manuel Márquez-Sterling fled Cuba with his wife Gloria, a young daughter, and \$300 in his pocket. The son of Cuban statesman Carlos Márquez-Sterling, Manuel was forced to depart after his father triumphed over candidates Fulgencio Batista and Fidel Castro in the presidential election but was denied his victory due to election fraud. Castro's revolution began shortly thereafter, making it unsafe for Márquez-Sterling and his family to remain in the country.

"When I arrived in Miami, I looked around the airport and

thought, 'Now what do I do?'" he recalls. "But I knew I had to make a life for my wife and daughter in this country, so I drew strength from my family and said to myself, 'My professional life is not going to end.'"

A practicing attorney in Cuba, Márquez-Sterling began working as a supermarket employee in Miami, then moved to Washington, where he sold shoes. "It was honest work, not demeaning, but it's not what I was educated for and not the way I wanted to use my knowledge."

When an opportunity arose to teach Spanish and Latin at a private high school, he jumped. "I didn't know too much about

"Every time I walk across the bricks in the plaza I step on the brick for 1966, the year I arrived on campus, and I look around and think, 'We built this.' I'm so proud that my efforts have enriched this place."

—Manuel Márquez-Sterling



Latin but had learned a bit in law school, so I just read the textbook and stayed one chapter ahead of my students,” he chuckles.

His real love was history, and he eventually secured a position in the field at Maine’s Ricker College, in a remote town on the Canadian border. In 1966, he applied for a faculty position at Plymouth State College. “They were in the midst of creating the history department, and I was the third faculty member added. I was excited to have the opportunity to build something.”

Márquez-Sterling also interviewed for a position in California, but Plymouth had captured his heart. “When I saw Rounds Tower and the mountains, I knew I was home. I had already lost one home in Cuba—I wasn’t about to leave another.” He remained for the next 32 years, teaching and building the history department, and amassed 45 years altogether, including part-time service. He was granted emeritus status in 1998.

“Perseverance can be interpreted in many ways, by telling yourself ‘I’m going to stick around’ or ‘I’m going to accomplish this goal,’” he observes. “For example, creating Plymouth State’s Annual Medieval and Renaissance Forum, together with Art Professor Mary Taylor and English Professor Richard Chisholm, which lasted 30 years and drew experts to the University from all over the world, is something I’m very proud to have done.

“Every time I walk across the bricks in the plaza I step on the brick for 1966, the year I arrived on campus, and I look around and think, ‘We built this.’ I’m so proud that my efforts have enriched this place.”



ALUMNA: TEGAN (DONNELLY) RAND '14

For Tegan Rand, perseverance isn’t just a catchword, it’s a way of life. “It’s carrying on with things even when it feels like it’s not worth doing, and reaching your goal no matter what,” she says.

Rand knows full well the challenges of pursuing a goal despite the odds. The only child of a single mother lost to cancer in her first year of college, Rand powered through her undergraduate journey on willpower, friendships, and numerous part-time jobs, all while maintaining a solid GPA. “All my life, my mother told me, ‘Get a college education, don’t be like me,’” she explains, “so that’s what I did.”

A first-generation college student, Rand credits her success at Plymouth State in part to the University’s TRIO program, a federal initiative run by the Plymouth State Academic Support

Services (PASS) Office that serves students who are first-generation, low-income, or disabled. “I’m an introverted person but was offered many opportunities through PASS. I worked at the front desk and that opened many doors for me,” she explains. As did Tutor Coordinator Angie Ricciardi, whom Rand affectionately calls her ‘campus mom.’ “Angie always made sure I had a job and money in the bank.”

Today, Rand manages a fraud team for an online home goods distributor, making sure that “people are who they say they are.” A history major with a double minor in creative writing and women’s studies, she draws on her education every day. “My job requires that I think critically and communicate well, both skills that I learned while at Plymouth State.”

Rand doesn’t hesitate to offer words of wisdom to students struggling to persevere. “Don’t give up,” she advises, “and look at all your options—there are many

“Don’t give up, and look at all your options—there are many different avenues to get to your goal. And ask for help! Plymouth State is a great community full of people who will support you.”
—Tegan (Donnelly) Rand '14

different avenues to get to your goal. And ask for help! Plymouth State is a great community full of people who will support you.”

Rand has experienced this support firsthand. After her mother passed, she moved in with her best friend, Ian Rand '14, and his family. They formally adopted her at age 24. “Family is what you make of it,” Rand concludes. “I made a very strong and loving family at Plymouth State that I continue to cherish to this day.”

■ Lori Ferguson

TEACHING PERSEVERANCE

Regardless of major or interest, perseverance is a cornerstone of Panther culture. Finishing your ten-page paper even though you'd prefer to curl up on the library floor and nap for days on end, or running that last sprint at practice when you just want to throw in the towel: we always do our best and see things through. Plymouth State's adventure education students learn to put their personal sense of perseverance to good use, which ensures success in both their back-and-front-country endeavors.

Student Outdoor Adventure Recreation (SOAR) trips include day and overnight activities, such as rock climbing, paddling, hiking, camping, surfing, and biking. No prior experience is necessary. Program Coordinator Nicholas Boccia '19 notes, "A large portion of adventure education is about perseverance and its application and context in our everyday lives."

PSU's program is rooted in theory, practice, and intensive field experience, and grounded in principles of experiential learning. The University's proximity to the White Mountains provides easy access to various climates, terrains, and natural challenges that shape the curriculum.

Professor Christian Bisson, a 15-year PSU veteran, coordinates the undergraduate program. "Adventure education at Plymouth State," he says, "is defined by three key outcomes: expanding one's personal limits, also known

as reaching the 'growth zone'; failing with reflection; and awareness of natural consequences."

Students are grouped into cohorts at the start of their first year, enabling like-minded individuals to serve as both sounding boards for ideas and support to lean on and learn from.

The first-year experience is punctuated by Foundations of Adventure Education, a course that sets the tone for future encounters. Bisson tasks students right from the very start with facing personal phobias such as heights, the dark, and solitude.

"Each moment, I have pushed past my limits and learned not only about myself but about all others within the natural world as well."—Erika Halaby '19

Between the nerve-wracking ropes course (a staple of excursions and summer camps), and solos (8- to 12-hour excursions during which first-years must master making fires or building shelters), adventure ed students quickly grasp the importance of perseverance. They also come to know the concepts of grit and tolerance of adversity. The fall of the sophomore year, which Bisson

distinguishes as an "immersion semester," raises the stakes with lengthy and more intense solos.

Boccia experienced tolerance of adversity firsthand during a particularly treacherous canoe river crossing during his immersion semester.

"About halfway across, we got hit by a passing snow squall and I could no longer see the other side, but I could see some rocks that I knew were about three-quarters of the way. I was exhausted when I finally reached the other side but felt such a sense of accomplishment."

As activities compel students to live outside for longer periods of time, using only rudimentary tools while contending with weather and wildlife, perseverance becomes both a motivator and an inspiration. In the life of an adventure education student, it is a daily presence in their personal challenges and when leading group expeditions.

Students acquire the skills needed to be successful in all facets in life, regardless of where they find themselves after graduation.

"Because the program is so diverse, it has taken a lot of perseverance in my heart, body, and soul to complete my degree," says Erika Halaby '19. "Each moment, I have pushed past my limits and learned not only about myself but about all others within the natural world as well."

■ Shannon Griffiths '17





Top: Ian Conn '19 photo. Above, left: Arlin Goss '11 photo. Above, right: John McKeith photo.

PSU Athletics: Powered by Passion

Sport is a metaphor for life: winning or losing are secondary to the passion that one brings to bear. Our students' exceptional work ethic and school pride inspire Panthers to distinguish themselves both on and off the field.



Casey Allaire '20: "I felt like he needed someone"

It's fairly common for a coach to be there for an athlete during a difficult time, but it is rare when the roles are reversed. That's exactly what happened this season for diver Casey Allaire '20.

After a dominating sophomore season, in which she set and reset six school records and claimed the New England Intercollegiate Swimming and Diving Association (NEISDA) Championship at both 1-meter and 3-meters for a second straight year, the stars seemed aligned for a dynamic junior season. That is, until Head Swimming and Diving Coach Al Switzer, who had led the program for 27 years, announced his intention to retire.

"After winning last year, I had plans to learn new dives, but with our coach retiring I wasn't really sure how the season would go," Allaire says. "But he told me he wanted to volunteer to work with me. He just loves the sport, and we have such a close relationship that I knew he would be there every day."

The new head coach, Anne Barbeau, knew of Switzer's extensive experience and asked him to stay on to work with Allaire. Switzer agreed.

Over the summer, Switzer's wife passed away and Allaire gained a new perspective. "I was really nervous for him and his well-being after his wife passed," she says, trying to hold back tears. "I was worried about him, but after that we bonded more than we ever had."

Once the season began, Switzer was at the pool every day to work with Allaire as the duo prepared for each meet. Allaire felt like Switzer needed diving more than ever. "In a way, I was competing for him because I felt like he needed someone there," she says.

She continued to impress, racking up wins and capturing a Little East Conference title on the 1-meter board—the first of her career. The final meet of the season was the NEISDA Championship. Switzer, who had fallen ill, was unable to travel with the team. It would be the first time since Allaire arrived on campus that he wasn't on the pool deck during one of her meets.

"NEISDA, with coach not able to be there, was difficult," Allaire says. "I was relieved that he had family with him, but I was still worried about him."

Other coaches at the meet offered Allaire tips during her practice dives, as she essentially went from one coach to many, and she and Barbeau sent photos and videos to Switzer so he could still be a part of the competition.

"I don't really go into championships expecting to win," she says. "And I also wasn't as concerned with how I performed compared to other years. I just wanted to do the best I could that day."

The results were good—a silver medal in 3-meter diving and a bronze on the 1-meter board—and helped lead the Panthers to their highest finish at the meet in five years.

"I don't know what next year will look like," says Allaire. "If Coach Switzer is back again, I know he will have lots of things in mind for me," she chuckles. "I want to make it a good last year."

Warren Bartlett '19: "I just told myself that those other guys were no different than me"

In the winter of 2017, sophomore middle-distance runner Warren Bartlett '19 was hoping to qualify for the NCAA Indoor Track and Field Championships in the mile. He had just two meets remaining to post a time to put him among the top 15 in the nation, a requirement to reach the national championship meet.

Bartlett was running at the New England Championships at Tufts University when he lost a shoe during the race. "I just kept running, not knowing that my foot was bleeding all over the track," he says. "After the race the athletic trainers were pulling pieces of track out of my foot and my skin was all torn up."

He finished dead last in the race with a time of 4:42.45, well off his typical performance, and wasn't even sure he'd be able to finish out the season. He healed quickly, though, and two weeks later he returned to Tufts for one last chance to qualify for the NCAAAs. He posted a season-best time, crossing the finish line in 4:14.45, but missed out on a chance to compete for a national championship by just 0.74 of a second.



The devastation only fueled Bartlett's desire to qualify as a junior. And that he did; only one day shy of a full year later, Bartlett set a PSU record running on the same track with a time of 4:12.87. It was the eleventh-fastest time in the country, earning him a spot at the nationals.

At the NAAs he finished the preliminaries with a time of 4:14.67, finishing sixth in his heat and thirteenth overall. This was a great accomplishment, but not good enough to advance to the finals.

"I was angry that I didn't get through prelims because I knew I could have run faster," he says. "I didn't go with my typical racing strategy in the prelims. It was a slow race and then they kick it in at the end, and that's not my style."

When he qualified this year, he decided he would run the race on his terms. Having been on the sport's largest stage before, the second time was much less intimidating and he came into the preliminaries with a different mindset.

"I just told myself that those other guys were no different than me," he says. "That gave me the confidence to go out there and lead the race with a fast time." The result was a time of 4:09.61, a new school record and personal best, the second-fastest qualifying time and a spot in the finals. "What's funny is in the last 50 meters I kind of pulled back a little bit because I was already in a qualifying spot, so I could have run even faster."

Twenty-four hours later, Bartlett was back on the track for the finals. Needing a top-eight finish to achieve All-America status, he led the field over the first half of the race, then held on for a seventh-place finish. His time, 4:09.91, was the second fastest of his career and just 0.30 of a second off his school-record pace from the day before.

"It was a lot of closure to my indoor career," he reflects. "I knew deep down what I could run. I wasn't just doing it for myself—I wanted to get All-American to make it honorable for Plymouth State and my family. I couldn't have done it without the help of so many other people, including teammates, family, and coaches."

To run back-to-back 4:09 miles is impressive in its own right, and to run them 24 hours apart is remarkable. But to do it on collegiate athletics' biggest stage, after missing opportunities in each of the previous two years, demonstrates true perseverance.

Alex Ricard '20: "It was tough because I wanted to be at Plymouth"

An all-state basketball player at Manchester West High School, Alex Ricard '20 decided to take a year off from sports while she made the adjustment to college. As a sophomore she tried out and made the squad, but when an unexpected family medical emergency took place everything changed.

"I found out my mom was going to need heart surgery, and with the expenses and bills it was just too much," she says. "I ended up withdrawing in February and getting a full-time job to pay off my school bill, but I planned to come back the following fall."

As an administrative assistant at a local electric supply company, Ricard worked 40–45 hours a week answering the phone, preparing billing, and more. She tagged along on jobs with her electrician father for extra income.

With her mother on bedrest, Ricard took on the role of supporter, helping around the house and shuttling her younger sister back and forth to school while also finding time to continue to work out, as she fully intended to return to the basketball court. "It was tough because I wanted to be at Plymouth, going to school, playing sports, and seeing all of my friends and faculty."

Blessed with a strong work ethic, Ricard paid off her school bills and followed through with her plan to reapply and enroll for the fall semester. She credits her experience with the basketball program with helping her accomplish it all. "Basketball definitely taught me about dedication, hard work, patience, and that I have people who have my back."

She was now short of the University's credit requirements for basketball eligibility, however, and was forced to sit out the fall semester. By spring she had caught up and rejoined the team, but the challenges remained. "I was really late to enroll and wasn't able to get into the classes I needed for my criminal justice major right away."

With finances and credits finally sorted out, Ricard enjoyed a successful junior year with the team. She appeared in 17 games this winter and sank a key baseline jumper in the fourth quarter of the Panthers' 89–87 double-overtime win over regionally ranked UMass Dartmouth.



Ricard appreciates all of the support that enabled her to get her back on track and it wasn't just the usual help one might expect. "Obviously my family, coaches, and teammates were incredibly supportive," she says, "but Lauren Lavigne has been a life-saver for me. I call her my 'Plymouth mom.'"

Lavigne '94, '96G, a PSU basketball alumna, former head coach, and the current assistant director of athletics, regularly checked in after Ricard withdrew. The two came up with a plan to help Ricard get her bill paid and to reenroll.

"She made me aware of some scholarships and that was a major help," Ricard says. "That whole summer she was calling and checking in, just making sure I was okay. She put me in touch with other resources on campus, and still checks in with me to make sure I'm on track or see if I need help with anything. She's been my guardian angel."

With a year remaining before graduation, Ricard has continued to work hard, balancing all that comes with being a student-athlete. "I'm on track to graduate in 2020 and plan on going into law enforcement. I'm not exactly sure what branch, but I know that's what I want to do."

Ricard is preparing for what she expects will be an exciting senior season. The Panthers won the most games in nine years this year and the combination of experienced upper-class students like herself, plus a talented group of younger players, is generally a recipe for success. ■ Chris Kilmer '99



THRIVING IN A CHANGING ACADEMIC LANDSCAPE

We live in an age of upheaval that is questioning traditional practices, confounding accepted wisdom, and shattering longstanding industries. Whether it is Uber's reshaping of personal transportation, online media's erosion of print journalism, or Amazon's streamlining of commerce, the message is clear: the old "tried and true" is frequently no longer sufficient.

Higher education is not immune to digital-age disruptions, which have been compounded by many other intersecting factors. Plymouth State University has responded with a proactive, innovative strategy—Integrated Clusters—that is transforming the entire institution. The success of the new learning model is due in part to PSU's culture of perseverance, which has propelled the institution since its founding nearly 150 years ago.

A heritage of innovation and adaptation

Plymouth State has a long tradition of meeting evolving educational needs. Established in 1871 as Plymouth Normal School, changes in foci and scope led to Plymouth Teacher's College in 1939, Plymouth State College in 1963, and Plymouth State University in 2003.

The name changes heralded shifting priorities and enlarged areas of operation. While further renaming is not under consideration, dramatic transformations are again thoroughly reshaping the campus. What remains consistent is Plymouth's ability to face present-day realities in order to best serve students and the community.

The institution has had to overcome major difficulties almost from its inception. Plymouth Normal School was impacted by a nationwide depression that resulted in a withdrawal of state funding, prompting a decline of 251 students to a mere 30 during the 1878–1879 academic year. Ellen Reed, the sole remaining faculty member, kept the school going until it rebounded in the 1880s with the help of a series of reforms and curricular innovations. Financial exigencies caused by the 1930s Depression hit Plymouth hard as well, resulting in faculty pay cuts and increases in per pupil costs.

The boom-and-bust cycling of economic expansion and contraction doesn't necessarily translate into similar patterns in college enrollment, however. For example, poor economic conditions have sometimes been credited with increased enrollment as more students invest in improving their credentials, rather than immediately taking their chances in a soft job market.

America's current economic expansion may well be on track to be the longest in the nation's history, but it hasn't been enough in itself to counteract the factors affecting higher education. Changes in marketplace expectations and



the nature of work itself have demanded a major rethinking of the academic model, and PSU has responded with its bold and pioneering Integrated Clusters approach.

A rapidly changing marketplace

Students today face a rapidly changing, twenty-first century marketplace in which a college degree does not necessarily equate to career security. This has been accompanied by increased costs, which can put higher education beyond the reach of many families. The consolidation and even closure of some institutions speaks to the immediacy of the issues that face higher education as a whole.

It is clear that the capacity to work across disciplinary boundaries with people and content is an essential skill in today's marketplace, but the increased specialization of some college programs has at times run counter to this necessity. Leveraging this insight is key to Plymouth State's current forward momentum. The Integrated Clusters learning model provides students with ample opportunities to make connections between ideas and disciplines, so graduates have a knowledge set that includes the ability to understand and apply information.

"Today, the focus in higher education must be on a knowledge-based economy and how we can create student experiences that engage them in the process—providing the excitement of learning and seeing its application to real world experiences," says President Donald Bix.

Jack Roberts '18 photo.

The Integrated Clusters learning model provides students with ample opportunities to make connections between ideas and disciplines, so graduates have a knowledge set that includes the ability to understand and apply information.

"It is very different from other classes. It really incorporated the concept of self-regulated learning, and I got to learn what I thought was important."

—Alison Louie '20

Real-world topics motivate students

The connection to real-world concerns is central to each of the "Four Tools" of Integrated Clusters, beginning with Tackling a Wicked Problem, the introduction for first-year students to Clusters. PSU's revamped General Education Program stresses acquisition of twenty-first century "Habits of Mind" (ways of thinking or engaging with the world that include Purposeful Communication, Problem Solving, Integrated Perspective, and Self-Regulated Learning), and students gain firsthand experience working on contemporary issues in the University's Open Laboratories. Integrated Capstone (INCAP) courses allow juniors and seniors to take even greater control of what and how they learn.

PSU is pioneering Cluster Pedagogy, which takes unique advantage of this new learning model through its emphasis on interdisciplinarity and integration built around a strong, discipline-based core; project-based work that extends beyond the walls of the classroom; and open practices that foster access to knowledge and empower students to contribute to their wider communities and networks. These components were central to the success of a new INCAP course piloted this spring by Professor Cathie LeBlanc.



Alison Louie '20 (center) and classmates redesigned experiences for incoming students as part of Professor Cathie LeBlanc's (right) Integrated Capstone course. Mackenzie Fullerton '17 photo.

INCAP "signature" projects relate to problems important to both students and society. Using their personal knowledge of the stages that prospective PSU students go through, LeBlanc's students designed an online "journey map" to facilitate the process, from application through on-boarding.

"How can we make this easier and better for these students?" was the essential question that Alison Louie '20 and her classmates considered in their redesign of experiences for incoming students. The group analyzed e-mails, website messaging, and printed communications that are sent by several campus offices, and conducted further research and tested ideas through meetings with PSU's admissions team.

"It is very different from other classes," says Louie. "It really incorporated the concept of self-regulated learning,

and I got to learn what I thought was important. If I want to be successful and get a job after college I need these skills, and I'm learning them in this class. It also really helped to know that this was real. We want to make a difference and to see this grow and continue after we graduate."

The class used Twine, an open-source software application, to create its interactive web prototype, which can be viewed along with other course materials at <https://cathieleblanc.com/is422oStudent/>.

One of the key takeaways of Plymouth State's new direction is that students are highly motivated to work on tangible, concrete issues. "We're talking about some of the most important issues in the times that we live in," says Jacqueline Lee '19 about her signature experience in an INCAP focused on sustainability. "Everything we do in this class is important and valuable."

"The course teaches about the concept of resiliency, at social, community, infrastructure, and natural environment levels," says Professor Brian Eisenhauer, who directs the Office of Sustainability. "It's a project-based class and students decided to work with Warren, NH, up in the Baker River valley, to do a resiliency study."

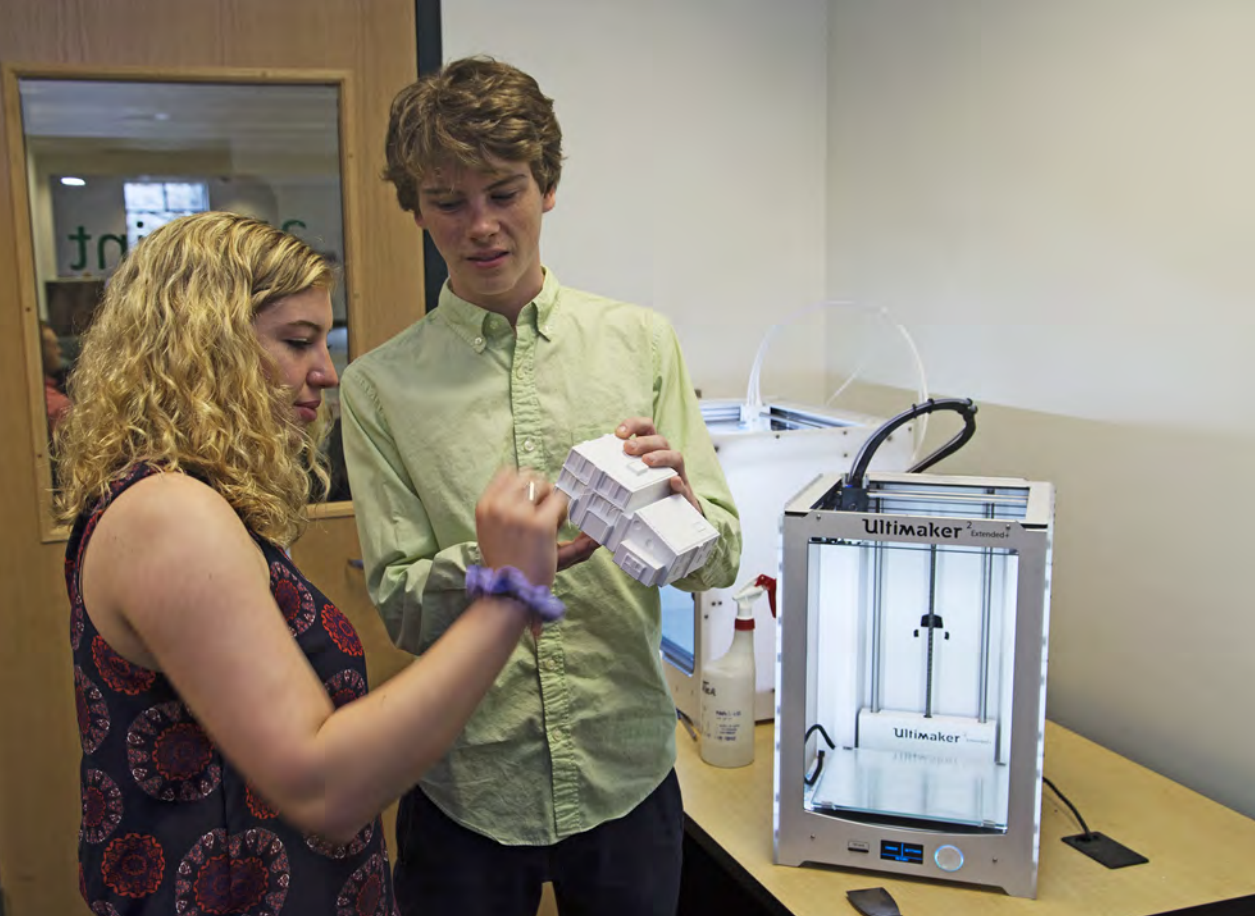
Lee and fellow students partnered with the Warren town administrator to consider flooding issues and, more broadly, the town's sense of place. "We're working on something with a real-world element and are able to apply what we're learning," she says. "We're not just helping this town out but learning the processes that we could apply to any situation, any town, or a company."

Clusters energize the entire campus experience

Curricular changes have been accompanied by renovating and organizing buildings to accommodate Clusters and, in particular, the Open Laboratories, where interdisciplinary groups of students are collaborating with faculty, staff, alumni, businesses, nonprofits, and other external partners. The Cluster format has also prompted significant administrative changes, producing efficiencies in roles once assigned to colleges and departments.

Plymouth State recognizes the profound influence of student experience outside of the classroom, resulting in residential life changes that support and amplify those related more directly to teaching and learning. The University's First-Year Residential Experience (FYRE), launched in 2017–2018, is a foundational program of Clusters that emphasizes the focus on interdisciplinarity right away. Students from different majors are grouped in residence halls by their shared interests in affinity-based programs, including honors, nursing, and substance-free.

Another example of the University charting its own course is in the renewal of Greek life organizations, which can be positive forces promoting service, community interactions, and school pride. The years when most fraternities and sororities were unrecognized by the University



"Ours is not a teaching university anymore, it is a learning community and we are focused on transforming ourselves, our students, and the community, state, and nation we serve."—President Donald Birx

represented a missed opportunity, as the administration was unable to work with their leaders, address concerns, or promote their positive work.

PSU's Greek life community is being revitalized upon a foundation of increased cooperation and better oversight. This year's progress toward bringing fraternities and sororities back into the fold has yielded seven active organizations with over 140 members. "This renewed interest by students in joining leadership organizations with altruistic intents fulfills our motto of *Ut prosim*—That I may serve," notes President Birx.

On higher education's leading edge

PSU is not alone in its transformation, but the completeness of its reinvention sets the University apart from the efforts of other colleges and universities. "We are in the rare position of being able to move to the leading edge of reimagining higher education, which could have impact and ripple effects across the field and ultimately our process of discovery and learning," says President Birx.

"Today's students need tools as well as knowledge within their discipline to work in cross-disciplinary teams, to solve real-world problems in open environments, to experience integrated project-based learning, and have an affordable education," he continues. "Ours is not a teaching university anymore, it is a learning community and we are focused on transforming ourselves, our students, and the community, state, and nation we serve."

The results to date are very encouraging. Undergraduate and graduate applications, inquiries, and enrollment have increased; philanthropic giving to the University has set new records; and the number of students engaged in high-impact, collaborative experiences has ballooned to over 3,000 participants. Plymouth State University is thriving. Its reinvention of higher education is increasingly seen as a prudent investment by the state of New Hampshire and grant-making educational foundations, and there is a steady stream of inquiries from other colleges and universities hoping to learn more.

"We still have much ground to cover, but what we as a university have accomplished to date is truly astounding," says President Birx. "It is a testament to the faculty, staff, alumni, and students of PSU that they can now say with some confidence that rethinking how we educate our students and organizing both our structure and curricula to give our students a twenty-first century education is worth the investment of time and energy."

It's impossible to know exactly how society and the economy will continue to evolve, but it's a certainty that higher education must be agile in order to respond and remain relevant. Plymouth State is in the forefront of institutions engaging with today's challenges, and a tradition of perseverance through the years strongly suggests that it will rise to meet those of the future as well. ■ Peter Lee Miller

Students make use of advanced technology, including PSU's 3D printer. Jack Roberts '18 photo.

State-of-the-Art Classrooms, Laboratories Bolster Student Perseverance

Student athletes need both physical and mental perseverance to advance their skills. It is one of the many proficiencies that Plymouth State teaches.



Patrick Griffin '19 is a good example of PSU's well-rounded learning. He played goalie on his high school lacrosse team, but when he came to PSU he didn't think his goal-tending skills measured up. He tried out for a field position, but didn't make the cut.

Assistant Director of Athletics and Head Athletic Trainer Mark Legacy learned soon afterwards about Griffin's goal-tending expertise, when, coincidentally, the team's goalie was injured. Griffin stepped into the familiar role and worked hard in it all four years of his college career.

Even a surgery between Griffin's first and sophomore years didn't set him back, and he returned to campus rehabilitated and ready to train. This spring, as a senior, Griffin was recognized by his teammates for his gumption when chosen to wear the jersey of Zach Frank '14, a well-respected alumni player who had recently passed away.

"He persevered through getting cut, getting injured," says Legacy, noting that Griffin has also worked hard as an athletic training student, successfully passing the national athletic training Board of Certification exam to become a certified athletic trainer upon graduation. "He stayed with it."

"You can't let self-doubt stop you from achieving, so mental perseverance is as important as physical," says Professor Julie Bernier, co-coordinator of the Health and Human Enrichment Cluster. "We help athletes conquer their struggles with frustrations, setbacks, depression, and anxiety. In almost all cases, they persevere."

Both Legacy and Bernier are excited that students are now benefiting from a new, state-of-the-art teaching facility. The \$10 million Human Performance Center opened in January with classrooms, activity areas, and high-tech equipment. Set within

the former Field House in the Physical Education Center, the new center bolsters student efforts to endure and excel and offers a home base for a range of programs.

The center's laboratories for classes and research, together with several Open Lab spaces, lend themselves to collaboration in step with PSU's Integrated Clusters learning model.

"It's an incredible space—bright, airy, and beautiful," says Bernier. "Students have lots of space to study and work together, and the classrooms and laboratories are state of the art."

The Health and Human Performance programs have roughly 450 students majoring in six program areas, and about 1,000 students who are non-HHP majors also take classes in the new center. "The space is very well used and a welcome addition to campus," says Bernier. "Students are learning with the best, most contemporary equipment in their fields."

The University's current Vilas Performance Center is about 1,700 square feet and far too small to serve current student demand, and plans call for the HPC's lower level to be the future home of PSU's new Strength and Conditioning Open Laboratory. Bernier says students will complete laboratory courses as well as practicums and internships with John "JT" Thomas, PSU's new and highly-experienced strength and conditioning director.

Students in the bachelor's in exercise and sport physiology and the master's in athletic training programs will develop strength and conditioning programs for PSU athletes and work with injured individuals in functional rehabilitation. The equipment in the new Strength and Conditioning Lab—including free weights and apparatus that test students' power output—will enable PSU to



better recruit and retain students and student athletes.

"Our students will get exposed to all the best technology that is available out there," Thomas says.

Within the next year, Thomas will initiate an internship program. "I'll incorporate physical therapy and athletic training into the experience, and not just preparation but training modifications to get athletes ready for competition again," he says.

He adds, "We will continually grow the program and generate interest to make sure people know this is the direction we are headed. Once the facility is done, students won't have to look elsewhere for internships and practicums." ■ **Janice Beetle**

For information about supporting this Open Laboratory through a philanthropic investment or bequest, please contact Vice President for University Advancement Paula Lee Hobson at phobson@plymouth.edu, (603) 535-2901, or Director of Development John Scheinman '19P at jscheinman@plymouth.edu, (603) 535-2805.

Opposite: Professor Julie Bernier and students examine a "virtual cadaver" in the new Human Performance Center. Gil Talbot '76 photo.

Top: Artist's rendering of the new Strength and Conditioning Center.

Right: Mackenzie Fullerton '17 photo.



John "JT" Thomas, PSU's new strength and conditioning director, has coached championship teams, All Americans, postseason award-winners, and first-round NFL draft picks. His strength and conditioning postings include the University of Miami, University of Georgia, and Penn State, among others, and he has coached university baseball and football teams. JT has been recognized by his profession with the National Collegiate Strength and Conditioning Coach of the Year award, but perhaps his greatest achievement are his numerous graduate assistants who have gone on to become collegiate or professional-level strength coaches or personal trainers

**Summer
Reunion**
July 25–26, 2019

Save the Dates!

HOMECOMING AND ALUMNI REUNIONS

2019

**Homecoming & Family
Celebration and
Reunion Weekend**
October 4–6, 2019



Plan to come back home to Plymouth State! Tailgate, attend the homecoming sports games, compete in the cornhole tournament, celebrate our alumni award recipients and reunion classes, and play in the Barbara Dearborn '60 Golf Classic scholarship fundraiser on Sunday. Make it a weekend to remember, Friday–Sunday, October 4–6, 2019.

go.plymouth.edu/Homecoming

Classes of 1974 and prior are also invited to a special Summer Reunion gathering, Thursday–Friday, July 25–26, featuring campus tours, lunch and dinner, and a champagne reception before a New Hampshire Music Festival concert.

go.plymouth.edu/SummerReunion

JUNE 21

Lebanon Food Truck Festival
Coburn Park, Lebanon, NH

JULY 25-26

Summer Reunion, PSU Campus

JULY 27-28

Women's Leadership Summit
PSU Campus

JULY 30

Tampa Bay Rays vs. Red Sox
Fenway Park, Boston, MA

AUGUST 15

Perma Culture in Action
Toad Hall Gallery, Franklin, NH

AUGUST 22

Lebanon Farmer's Market
Coburn Park, Lebanon, NH

SEPT 14 & OCT 19

Panther Football Tailgating, PSU Campus

OCTOBER 4-6

Homecoming & Family Celebration
and Reunion Weekend

DECEMBER

Panther Business Club Holiday Gala
Boston, MA

For details about these and other events, please visit
go.plymouth.edu/AlumniEvents.



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THE GREEN | PLYMOUTH STATE ALUMNI NEWS & NOTES



Photo courtesy of Tim Brogdon/University of Miami Athletics.

Dave Feeley '04, (above, center) strength and conditioning coach of the University of Miami Hurricanes NCAA Division I Football Team, was recently quoted in a *Sports Illustrated* feature on the topic of persistence.

"Kids are the same as they were a couple hundred years ago. They want to feel love, they want to feel value and they want purpose. And they want someone to get them from point A to point B."

—DAVE FEELEY '04, *SPORTS ILLUSTRATED*, APRIL 8, 2019

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Share your accomplishments and photos!
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Submit your update today!
go.plymouth.edu/infoupdate



The Kappa Delta Phi NAS sorority gathered to celebrate its 50th anniversary, March 30, 2019.

CLASS NOTES ★



Classes ending in 4 and 9, celebrate reunions this year at Homecoming & Family Celebration and Reunion Weekend, October 4–6, 2019!
For the Class of '74 and prior classes, please also join us at our next Summer Reunion, July 25–26, 2019.

Clockwise from top left: Brewster M. Bartlett '72 and son Warren Bartlett '19 with the original Pemi the Panther paper-mache mask at Homecoming 2018! Brewster was a science teacher at Pinkerton Academy in Derry, NH. He recently retired after 46 years of service. Warren ran cross-country and track and earned All-American honors. (see story page 10)

Top right: Barbara Millar '37, was recently awarded the Kittery, ME, Boston Post Cane award. Photo courtesy of Seacoastonline.com.

Bottom right: Edith Burns '37 on her 102nd birthday.

Bottom left: Brig. Gen. Shawn O'Brien '86, Kim (Steadman) O'Brien '88, Ana Maria Reategui, and Col. (Ret.) Tim Manning '87 in Budapest, Hungary, last summer. (2018)

1979 Reunion

1970s

Robert J. Griffin '73 worked for Digital Equipment Corp in Boston after graduating from PSU. He then moved west to work for Microsoft in Seattle, WA. After Microsoft, he moved to Sun Microsystems, and then built a computer reseller business that grossed \$50M per year. Griffin retired after the dotcom crash, and now lives with his dog and rescue donkeys just below South Lake Tahoe, where he mentors others.

Carolyn A. (Greenier) French '74 has retired after 37 years of teaching first, second, and third grades!

Lynn Miller '74 received a commendation from Governor Christopher Sununu on August 30, 2018, for her contributions in teaching and coaching tennis throughout her career. Since retiring in 2015, she has been assistant tennis coach at Colby-Sawyer College, coach for the boys tennis team at Kearsarge Regional High School, coach

for a women's 3.0–3.5 team at the Newport Tennis Club, and an on-call tennis teaching pro at the Lake Sunapee Country Club. She continues to compete in the summer USTA Senior tennis tournaments and has been ranked #1 in New England in her age group in doubles for many years. Miller has been inducted into several halls of fame, including Plymouth State College, the USTA/New England Tennis Hall of Fame, Wheaton College Athletic Hall of Fame (Inaugural Class), and most recently, the USPTA/New England Hall of Fame.

Bill E. Bunker '76 has been named vice president of operations with Asiana Cuisine Enterprises. He has worked in the food industry since graduating from Plymouth State. The last 11 years, Bunker has become a sought-after professional in the freshly prepared Asian/sushi market, holding several key positions with industry leaders.

Rebecca A. Wolin '79 is currently the director of finance and administration for

the Berkshire South Regional Community Center in Great Barrington, MA.

1984 & 1989 Reunions

1980s

Chuck Morse '84 has been elected to the District 22 State Senate seat, overcoming previous holder Richard J. O'Shaughnessy. He is president of NH state senate, and served as acting governor for a few days in 2017.

Scott A. Tierno '87 has escaped the cold North and landed in Nashville, TN, after more than 22 years at Southern New Hampshire University in leadership roles. Tierno is taking on the role of director of commencement and special events at Vanderbilt University.

Nereida S. "Silvie" Rivera-Acevedo '88 is a court interpreter in Spanish for the Maryland Judiciary as well as interpreter and translator for the Maryland Vehicle Administration and Charles County (MD) Public Schools.

Renee A. (Capicchioni) Vannata '89 is the owner of Monkey Mind Escape Rooms in downtown Portsmouth, NH.

1994 & 1999 Reunions

1990s

Debbie (Manus) Love '90 published her first book, *My Love Life*, just before Valentine's Day! Available on Amazon.

Michael C. Tempesta '91 has been appointed the next superintendent of SAU 6 serving Claremont and Unity, NH. Tempesta heads to Claremont after years of leadership positions in Massachusetts. Before taking the reins at the Central Massachusetts Special Education Collaborative, Tempesta was the superintendent of schools in Saugus, MA, principal at Milford and Ashland High Schools (MA), and assistant principal at Sharon High School (MA). He began his educational career as a high school English teacher at Ashland High School.



Lisa Watling '93 and her dog, Copper, at home.

Julie A. (True) Kingsley '93 owns and operates The Manuscript Academy, which connects fiction writers and top agents and editors in the publishing field. They offer a range of classes, critiques, and live events.

Lisa A. (Sanfilippo) Watling '93 (above) has been a marketing specialist at Bruin Plastics Company, Inc. in Glendale, RI, for over 20 years. "Although my degree is in geography," she writes, "my time at Plymouth prepared me for any business career due to the well-rounded education I received." She has a daughter, Emily, 18, and a son, Evan, 13.

Jennifer C. Corduck '93, '23P became the principal of Bowman Elementary School in Lexington, MA, in July 2018 after working in Melrose, MA, public schools for 21 years. She writes, "I have fond memories of my practicum and student teaching experiences. They by far were my favorite part of the coursework. I also appreciated how well our professors got to know us. Dr. Barry and the staff from the education department had an impact on me. I love what I do and feel fortunate that my job is challenging, rewarding, and always changing." Her son, Hunter Corduck, Class of 2023, will start his first year at PSU in the fall. Good luck, Hunter, and Go Panthers!

IN MEMORIAM

Remembering Plymouth State alumni, faculty, staff, and friends who have passed away.

Helen A. (Wilson) Sawyer '30
Groton, MA

Helen P. (Hurd) Day '35
November 17, 2018, Fort Myers, FL

Drina M. (Perkins) Blanchette '46
May 14, 2018, Rochester, NH

Ruth A. (Gilman) Bolduc '46
December 4, 2018, Eaton Center, NH

Thayer D. Wade '50
January 19, 2019, Concord, NH

Evelyn J. (Westover) Millar '52
March 15, 2019, Laconia, NH

Barbara R. (Pettes) Nowacki '52
August 18, 2018, Reading, MA

Bessie E. Smith '52
February 20, 2019, Plymouth, NH

Katherine (Marcotte) MacDonald '53
November 6, 2018, Bedford, NH

Robert A. Knowles '55
September 18, 2018, Warrensburg, NY

Janet M. (Descoteaux) Demers '56
November 19, 2018, West Lebanon, NH

Estelle A. Greenwood '56
February 14, 2019, Tempe, AZ

Ann F. (Merrill) Woodard '56
March 23, 2019, Colebrook, NH

Nancy R. (Ross) Stearns '57
August 15, 2018, Concord, NH

Maynard E. Contois '58
February 27, 2019, Bedford, NH

Richard H. Bossie '60
June 22, 2018, Andes, NY

Floyd W. Ramsey '61
February 15, 2019, Littleton, NH

James P. Hennessey '63
December 13, 2018, Berlin, NH

Richard E. Wylie '63
May 12, 2018, Sudbury, MA

Sandra J. (Penkus) McCaffrey '64
March 1, 2019, Clinton, MA

Adrienne Stevens '67
October 29, 2018, North Sandwich, NH

Timothy C. Whiting '67
September 17, 2018, Wolfeboro Falls, NH

Nishma I. Duffy '69
September 30, 2018, Portsmouth, NH

Douglas S. Rowden '69
January 30, 2019, Pembroke, NH

Jane L. (Strack) Bauser '73
January 16, 2019, Franklin, MA

June E. (Blake) Merrill '73
January 8, 2019, Hopkinton, NH

George T. Raynor '75
March 17, 2019, Riverhead, NY

Gary L. Breda '76
November 5, 2018, Sherborn, MA

John L. Brennan '77
November 22, 2018, Ctr. Conway, NH

Richard G. Fournier '77
Nov. 15, 2018, Colorado Springs, CO

Stanley R. Arnold '82
October 28, 2018, Concord, NH

Colleen (Manning) Bovi '82
September 24, 2018, Sandown, NH

Bruce J. Kalil '82
January 22, 2019, Salt Lake City, UT

Richard A. Rollock '82
September 4, 2018, Laconia, NH

Judith A. Dodge '83
September 14, 2018, Concord, NH

Cecil W. Smith '86
February 20, 2019, Bath, NH

Elizabeth W. Cheney '89, '99G
November 3, 2018, Rumney, NH

Martha E. Clarke '89
February 18, 2019, Sanbornton, NH

Derek J. Hargesheimer '93
February 6, 2019, Lisbon Falls, ME

Joel M. Haartz '94
October 2, 2018, Campton, NH

Ronald Galik '96
November 1, 2018, Frankestown, NH

Deborah G. Stewart '96
December 25, 2018, Gorham, NH

Jason M. Schulman '99
October 11, 2018, Hartford, CT

Stacy A. Fox '02
March 19, 2018, Danvers, MA

John C. Severance '04
September 21, 2018, Whitefield, NH

David L. Houle '07
November 23, 2018, Alton, NH

Joseph Duval '09
April 23, 2019, Dover, NH

Jordan D. Libby '12
February 9, 2019, Penacook, NH

Amanda M. (Morris) Grier '13
February 22, 2019, Meredith, NH

Jeffrey F. Champlain '15
March 16, 2019, Waterford, CT

Faculty, Staff, and Friends

Karen Bembridge
December 14, 2018

Richard Burton
July 17, 2018, Waterville Valley, NH

Jane Cantlin
September 1, 2018

Jane C. Chandler
December 3, 2018

Betty W. Egli
January 14, 2019

John T. Gyger
July 4, 2018

Nancy A. (Porretta) Hennessy
March 24, 2019, Berlin, NH

Barton Lewis Macchiette
April 14, 2019, Amelia Island, FL

John Messinger
October 14, 2018, Holderness, NH

JoAnn Morris
July 29, 2018

Vincent N. Scalese
January 6, 2019, Thornton, NH

E. James Smith
October 19, 2018, Divide, CO

Susan Schwarz
February 2019

Peter Tallman
May 16, 2018, Keene, NH

Ernest Vlk
February 27, 2019, West Lebanon, NH

Sandra J. White
September 14, 2018, Plymouth, NH



Stephen G. Tucker '94, '16G, '18CAGS has been appointed superintendent of the Laconia School District. He has been a history teacher and academic coordinator of Laconia High School, as well as director of curriculum for Gilford School District.

2004 & 2009 Reunions

2000s

Keith J. Noyes '00, a fifth-grade teacher at Belmont Middle School, has been named 2019 New Hampshire Teacher of the Year. In his application, he wrote, "Realizing that all learners obtain, store, and retrieve learning at different rates and through unique experiences has shifted the way I teach, assess, and ultimately determine each child's level of proficiency. Because kids learn at different paces, I've learned to personalize both instruction and assessments to better allow the children to succeed."

Michelle L. (Monahan) Harvell '01 (top left) has joined the PSU Alumni Association Board of Directors. She is an experienced event and marketing coordinator with proven capabilities in multiple aspects of marketing and event planning. Harvell is currently a board member of the Thatcher Common Condo Association and volunteers as a Girl Scout leader. Previously, she was the marketing and event coordinator for the Greater Salem Chamber of Commerce and director of new business and events for South End Media in Concord, NH. She lives in Exeter, NH, with her husband, **Tom Harvell '94**, and their daughter, Kendall, where she enjoys spending time with family and friends.

At left, top to bottom:

Michelle (Monahan) Harvell '01

Larry C. Pignataro '01, '05G

Dennis A. Giangregorio '03

Tim Hadley '09 with wife Hannah, daughters Lily and Grace, and Papa Steve Hadley '77 in Wintergreen, VA.

Larry C. Pignataro '01, '05G (left, second from top) has joined the PSU Alumni Association Board of Directors. He is married to Misa Pignataro and they reside in Stratham, NH, with their daughters Alya (7) and Haley (4). Larry is a business development/account manager at Competitive Energy Services, which provides strategic energy consulting services to commercial, industrial, governmental, and institutional customers in the US and Canada. He has worked in the energy sector for the past seven years. Past work included Fidelity Investments and the University System of NH. While at PSU, Larry was involved with the Men's Rugby Team as president and treasurer, worked in the Controllers Office, was involved with the Student Activities Allocation Committee, and wrote for the *Clock*. Current interests include spending time with his girls, and coaching and refereeing youth rugby and golf.

Mary L. (Young) Bragg '01 has worked for the Commonwealth of Massachusetts since 2015. Before that, she had a job in financial services for 12 years. She married Todd A. Bragg at Moraine Farm in Beverly, MA, in 2012. Together, they have two girls, Grace (5) and Maebe (2).

Dr. W. H. Davin Townley-Tilson '02 will be teaching first-year cell biology and genetics at High Point University in High Point, NC, while collaborating with other faculty on various research projects.

Rachel E. (Lewis) Gasowski '03 is the director of parks and recreation for the town of Durham, NH. She writes, "I was able to land a job in my field directly after college. I love how every day is different, and brings on new challenges and experiences. I'm connected to the community and feel as though I'm making a difference!"

Dennis A. Giangregorio '03 (left, third from top) has been promoted to director of the Chestnut Hill, MA, CPA firm, Samet & Company PC.

Susan J. Perry '03 is now vice president and commercial loan officer for Union Bank in North Conway.

Charyl A. (Lavigne) Reardon '03 has been named president of the White Mountains Attractions Association, which for more than 60 years has promoted one of the most popular tourism regions in New Hampshire. "I am beyond excited about the energy, enthusiasm, and passion of my team," says Reardon. "I am looking forward to leading this organization, which understands the economic impact of tourism, and has helped to make memories for generations of families from across the country and around the world."

Laura L. Brusseau '04 has received the 2018 Lakes Region Good Scout Award. Ms. Brusseau teaches ninth-grade social studies at Inter-Lakes School and is a co-founder of the Faith, Hope and Love Foundation. Her lifelong love of giving back to the community started when she was a young girl and continues today—church suppers, Girl Scouts, AmeriCorps, alternative spring break work with Habitat for Humanity, fundraising events, committees, boards, and so much more. Her dedication to passing the value of service on to her students makes her an excellent role model and community hero.

Timothy G. Carrigan '04 has accepted a new position at the National Endowment for the Humanities as the grants policy analyst to work with program staff across the agency to develop funding opportunities. Previously, he spent nearly 12 years at the Institute of Museum and Library Sciences.



Daniel W. O'Halloran '04 will be installed as 2019 president of the New Hampshire Association of Realtors, the state's largest trade association, in a ceremony at the Grappone Conference Center in Concord on November 15. O'Halloran has been a realtor since 2005, and in March he opened O'Halloran Group of Keller Williams Lakes & Mountains Realty in New London, NH, where he is the lead broker. He has been an NHAR director since 2015 and served as chair of the organization's communications committee from 2013 to 2017. O'Halloran was president of the Sunapee Region Board of Realtors in 2016 and was its Realtor of the Year in 2014. Dan and his wife, **Christina (Paradis) O'Halloran '04**, met when they were Plymouth State seniors and members of the Marketing Association, where Dan was president and Christina vice president.

Matthew B. Wilhelm '04 has been recognized by the *New Hampshire Union Leader* on its 2018 list of 40 Under 40 honorees.

Patrick Cate '05 has accepted the position of vice president of academic and student affairs at Lakes Region Community College.

Michael F. Leonard '05G, '15CAGS has begun his first year as a full-time elementary school counselor at Dhahran Hills School of Saudi Aramco Expatriate Schools in Saudi Arabia, after 18 years as a teacher.

Jennifer M. Frank '09G, '12CAGS, '17EdD has been appointed chief of police in Norwich, VT.

Tracy J. (Lucci) Lindquist '09 is a school psychologist at a vocational technical high school. After graduating from Plymouth State, she went on to graduate school at the Massachusetts School of Professional Psychology and earned master's and CAGS degrees in school psychology.

EXCHANGING VOWS

Hillary L. (Allen) Gelinas '14, '16G and **Matthew T. Gelinas '13** were married on September 15, 2018, surrounded by family, friends, and a pack of Plymouth State panthers! (right)

Shea Leigh (Geyer) Morgan and Zachary A. Morgan '14 were married on July 1, 2018, at LaBelle Winery in Amherst, NH. They now reside in Bedford, NH.



ARRIVALS

Kendra L. Goodwin '07 welcomed her daughter, **Zoe Lynn Goodwin**, on October 28, 2018.

Jamie F. (Brown) Sharrow '08 and **Paul Sharrow, III** welcomed daughter **Mary Abbott Sharrow**, born August 23, 2018.

Theo Riley Harrington was born on September 2, 2018, to **Elizabeth (Pienkosz) Harrington '09** and **Joshua Harrington '10**.

Gene Martin '09 and **Erin Martin '21EdD** were pleased to welcome daughter **Catherine Anne Martin (right)** on February 6, 2019.

Doug Woodward '10 and **Emily (Burwen) Woodward '10** welcomed their daughter, **Charlotte Grace Woodward**, on September 22, 2018.

Amanda G. (Donoghue) Perry '13 welcomed her first child in December 2018.

Austin Shackelford '13 and **Dorothy (Haycook) Shackelford '13** welcomed their son, **Samuel**, on November 6, 2018, in Danbury, CT.



Catherine Anne Martin



USNH Alumni Trustee Voting goes Live June 10

The PSU Alumni Association Board of Directors unanimously supports the re-election of Amy Begg '97 for a second four-year term as our alumni representative to the University System Board of Trustees. All alumni are eligible to vote in the online election, and will receive a link to the online secure site for voting on Monday, June 10, 2019.

The online poll closes at 4:30 p.m. on Friday, June 14, 2019. Per USNH Board of Trustees by-laws, a write-in option will be provided.

Update your contact information at go.plymouth.edu/InfoUpdate to ensure that you receive the e-mail link to vote.

2014 Reunion

2010s

Jana L. Ballard '10 is the digital marketing manager for Lahey Health. She chose Plymouth State for its location, smaller class sizes, atmosphere, and sense of community. She writes, "It was nice that you get to know your professors and you aren't just a number. They actually care about you and your success."

Patrick F. Gile '11, '17G is a 7th- and 8th-grade science teacher at Parker Core Knowledge Charter School in Parker, CO.

Lee Rashkin '11 and Julie Cote opened a new fast-casual restaurant in Durham, NH, called Nomads Kitchen. The restaurant offers a build-it-yourself menu, encouraging individual creations. It combines their love of travel with their love of food, crafting what they call global flavors.

Christina Frederickson '12 is a new special education teacher at Ahern Middle School in Foxborough, MA.

Brooke A. (Johnson) Matthews '12 was recently promoted to global product manager for Surgical Specialties Corporation, a medical device manufacturer, in Westwood, MA.

Andrew Gray '14 is now the recreation director for the town of Brentwood, NH.

Adam Nazzaro '16 has taken over as the new sports editor of the *Needham Times* with the *MetroWest Daily News*.

Shannon L. Griffiths '17 joined Montagne Communications in Manchester, NH, in January 2019 as an account coordinator.

Emily Gray '18G has been named the official athletic training provider at Rockland High School, MA, by Peak Physical Therapy & Sports Performance. She will prevent, treat, and rehabilitate sports related injuries, as well as provide emergency care. ■



ALUMNI PROFILE

Heather Dowd '07

Immersing travelers in an authentic Italian experience

Plymouth's small-town vibe, where it seems that everyone knows your name, can also provide a passport to the wider world. Heather Dowd '07 traveled abroad for the first time with the University's Nicaragua Club and now makes her living by offering responsible Italian travel programs.

Dowd is of Italian descent and, together with her Italian husband, is co-owner of Tourissimo. The firm mixes popular and off-the-beaten-path destinations that highlight local culture and benefit the local economy. "We want to immerse people in a true, authentic Italy and not just give them an 'Italian' experience," says Dowd. Biking, hiking, and walking tours span the nation, from the northern Dolomite mountains down to Calabria (the toe of the boot), as well as the islands of Sardinia and Sicily.

"For me, travel is about so much more than going to a new place," says Dowd. "We see responsible tourism as a way to bring jobs to areas that need them and to take some of the pressure off of sites that receive too many visitors."

"Guests start as strangers and by the end are friends. The physical nature of our tours means that they challenge

themselves and also help and encourage one another."

The tour season is from April to October when Dowd is in Italy, overseeing the European office and scouting new locations. She is in the USA during the rest of the year, focusing on sales and marketing, working with US staff, and attending travel shows and cycling events.

Some might think that working in travel means that you can travel all of the time, but Dowd explains that firms need entry-level workers for office positions. Before starting Tourissimo, she learned about the business by doing sales, marketing, and customer service for other adventure travel companies. The life of travel guides can be demanding, even if they do get to travel frequently. "They are responsible for the safety, well-being, and enjoyment of the guests and are 'on' 24/7 while on tour."

Dowd participated in four trips to Nicaragua while at PSU and served as Nicaragua Club president for three of those years. In 2017, she was invited back by *Compas de Nicaragua*, the organization PSU supports in Nicaragua, headed by fellow PSU alumnus Executive Director **Michael Boudreau '97**. She was part

of the twentieth consecutive delegation from Plymouth State and is still involved with *Compas*, which did more than spur her love of travel.

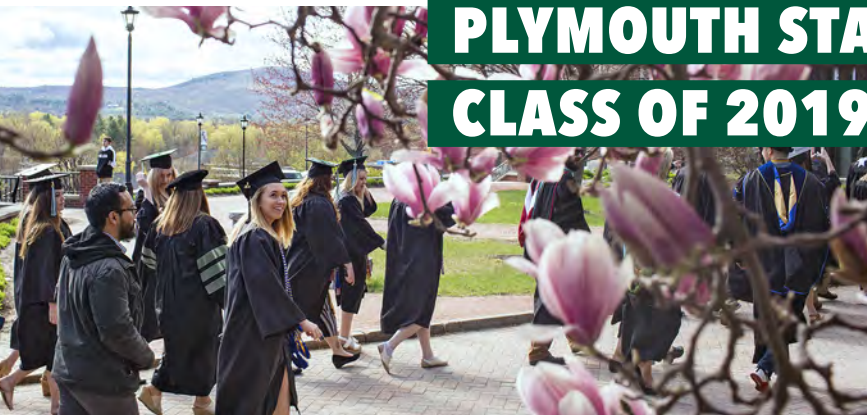
"One of the organizations that *Compas* funds is called *Mujeres en accion* (Women in Action), which provides support, training, education, loans, meals, and so much more to women and their children who live in one of the poorest areas of Nicaragua," says Dowd. "I still support them and I also work with other organizations in the USA that empower women."

Dowd double majored in communications studies and Spanish with a minor in Latin American studies, graduating summa cum laude. "The faculty in both programs were accessible and committed to the success of their students," she says. After studying Spanish in Seville during her junior year, she returned to Spain for an internship before she graduated. "I gained valuable experience of what it is like to live and work abroad," she says.

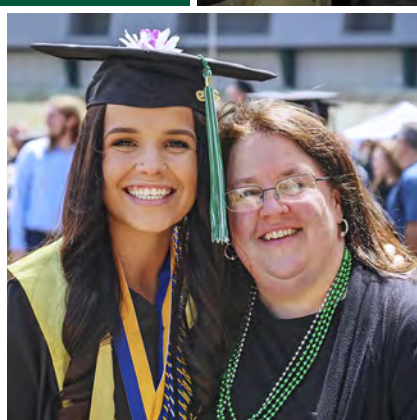
Now a veteran international traveler, Dowd strongly encourages today's students to consider language study. "Studying Spanish at PSU made learning Italian much easier. If there's an opportunity for you to study abroad, take it!" ■ **Peter Lee Miller**



**CONGRATULATIONS
PLYMOUTH STATE UNIVERSITY
CLASS OF 2019!**



For more pictures from PSU's 2019
Commencement ceremonies, visit
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