

Plymouth

MAGAZINE

PLYMOUTH STATE UNIVERSITY • WINTER/SPRING 2014



Alumni in The *Arts*

HOW FOUR MTD ALUMNI ARE PUTTING
THEIR DEGREES TO WORK

CRIMINAL JUSTICE

An inside look at
a fast-growing
program. **p. 21**

SPORTS & EXERCISE IN A TIME OF INJURY PREVENTION

Three HHP alumni are making sports
and exercise safer.
p. 7

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EDITOR | Barbra Alan

DESIGNER | Daphne Bruemmer '98

PUBLICATIONS MANAGER | Lisa Prince

CONTRIBUTORS

Barbra Alan

Elizabeth Cheney '89, '99G

Emilie Coulter

Rodney Ekstrom '09G

Daniel Kaar '14

Bruce Lyndes

Laure Morris

Heidi Pettigrew '99, '07G, '11CAGS

Lynn Pope

Marcia Santore

Sara Jayne Steen

PHOTOGRAPHERS

John Anderson

Aoife Austin

William M. Brown

Karli Cadel

Jon Gilbert Fox

Jeremy Gasowski '01

Megan Gill

Lois Greenfield

Kaleb Hart '11

Christopher Navin

John McKeith

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Comments to:

Editor, *Plymouth Magazine*
Office of Public Relations, MSC 24
Plymouth State University, 17 High St., Plymouth,
NH 03264-1595 or opr@plymouth.edu

Please send address changes to:

University Advancement, MSC 50
Plymouth State University
17 High St., Plymouth, NH 03264-1595
alumni@plymouth.edu (800) 772-2620

Alumni may update their contact information online at go.plymouth.edu/alumni-update.



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In fall of 2012, the Royal Opera House Muscat invited the Glimmerglass Festival to present its acclaimed production of *The Music Man* in a new theater in Oman, on the Persian Gulf. Jake Josef '08 was technical director for this unique experience.

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On the cover: Kathleen Pantos '08, "Tributary Dance." ©Lois Greenfield photo.

On the back: PSU skier and management major Martina Ryberg '13. Jeremy Gasowski '01 photo.

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WELCOME TO *PLYMOUTH* MAGAZINE



Christopher Navin photo.

“... there is nothing more rewarding than continuing to watch the progress of former students, now friends.”

In this issue, we discuss a few of PSU's successful young alumni, who are creating engaging careers and making a difference. These dynamic alumni have graduated between 2000 and 2013.

Among alumni of the Department of Health and Human Performance, PSU's third largest department with 12 varied undergraduate and graduate options, are Ichiro Kitano '03G, a manual therapy specialist for the Philadelphia Phillies baseball team; Keith Belmore '05, a faculty member and clinical coordinator at the University of Missouri School of Health; and Eric Wilson '07, an entrepreneur with a growing business focused on corrective exercise and personal training. All have careers reflective of strong opportunities provided at PSU, and all three are employing their PSU degrees to improve others' health and wellness.

PSU's meteorology program is unique in New Hampshire and is developing data used in analyses worldwide. Katie Laro '12, '13G, participated in both NASA and state-funded research as an undergraduate and presented her research on predicting surface winds at an event on Capitol Hill in Washington DC. Her graduate research, now extending beyond graduation, involves data analysis for a New Hampshire company producing a prototype of a lightning sensor that could allow businesses such as golf courses to keep people safer.

The Department of Music, Theatre, and Dance is proud of its strong job placement. Cassandra Marcella '00 is a music educator and recent recipient of a Yale Educators Award for inspiring young people; Jake Josef '08 is the technical director at the Glimmerglass Festival; Kathleen Pantos '08, a dancer and choreographer, has her own dance company called the Pantos Project; and Daniel Brevik '11, is singing with Opera Theatre of Saint Louis. These alumni with emphases in music education, theatre, dance, and voice enjoy professional careers bringing to others their passion for the arts.

The feature on the Department of Criminal Justice highlights one of PSU's newest and fastest-growing programs, preparing students for a wide range of careers in criminology, criminal justice, and law. Already Amanda Johnson '08 has achieved a long-held goal of becoming a New Hampshire state trooper; and Penina Wallace '13 has entered law school.

These are samples. Recently, Joseph “Joey” Lee '06 was chosen the 2014 New Hampshire Teacher of the Year; a social studies teacher at Pinkerton Academy, he will be New Hampshire's candidate for the national award. Catherine Dwinal '10 has just been named by the Technology Institute for Music Educators (TI:ME) as the recipient of the national 2014 Mike Kovins TI:ME Teacher of the Year Award for outstanding educators who have introduced technology into their classrooms.

In upcoming issues we will present the stories of other alumni as well, and we hope that those of you who are alumni will stay in touch with the PSU Alumni Association and your departments. For faculty and staff members, there is nothing more rewarding than continuing to watch the progress of former students, now friends. As PSU makes its case for the power of a PSU education, we will be asking alumni for information; you will be helping PSU in providing it. The more we know of our alumni and friends, the richer is the picture of the PSU community.

Sara Jayne Steen, President



PSU photography professor John Anderson was selected last summer as artist in residence for the White Mountain National Forest (WMNF) in partnership with the Arts Alliance of Northern New Hampshire. The WMNF Artist-in-Residence program offers professional and emerging artists in all media—visual and performing artists, craftspeople, writers, composers, eco-artists and media artists—an opportunity to pursue their art form while being inspired by the forest. Anderson shared his work with members of the public in September, and hopes to exhibit more of the work in 2014. The Artist-in-Residence program began in 2011 as part of the Weeks Centennial Celebration. At left is one of the more than 74,000 stunning photographs Anderson took during his residency.

PSU PARTNER WINS NATIONAL CURRICULUM DEVELOPMENT AWARD

PSU recently celebrated, with state governmental and business leaders and educators, its partnership with the New Hampshire Association for Supervision and Curriculum Development on *The New Hampshire Journal of Education*, edited at Plymouth State. This year the NHASCD was named the outstanding educational affiliate in the nation, with the journal, edited by Stevens-Bristow Professor of Education Marianne True, an important consideration for the award. The PSU student chapter of NHASCD also has been recognized for excellence.

PSU RESEARCHERS ASSIST WITH NEW ATLANTIC COAST ECOSYSTEM STUDY

A team of multistate researchers will conduct a three-year study of the many factors affecting the health of the NH-Maine shared coastal ecosystem. This collaboration, known as the New England SusTainability Consortium (NEST) and funded by a \$6 million award from the National Science Foundation, aims to strengthen the scientific basis for decision-making for the management of recreational beaches and shellfish harvesting.

Participating in this study enables PSU to expand research on the region's water resources and human impact on water quality into new locations with new partners. PSU will participate in

the project through expanding a current water research project to the Gulf of Maine, leading workforce development initiatives, and examining inclusive decision-making as a product of ecosystem research. Faculty and students from PSU's Center for the Environment and Department of Environmental Science and Policy will be involved in the project.

PSU HONORS FORMER GOVERNOR JOHN LYNCH AND OLYMPIC SKIER AND PHILANTHROPIST PENNY PITOU

Former Olympic skier Penny Pitou and former NH Governor John Lynch were honored at PSU's Fall Convocation.

Governor Hassan and PSU Alumni Association President Amy Begg '97 presented Governor Lynch with the Robert Frost Contemporary American Award, named for poet Robert Frost, who taught at Plymouth Normal School in 1911. The award recognizes individuals whose extraordinary service to the state and nation best exemplifies Robert Frost's values of individuality, hard work,

humanitarianism, and devotion to the country "North of Boston."

"John Lynch ... has given decades of his life to promoting excellence in public higher education, the business community, and the state of New Hampshire," President Sara Jayne Steen said. "He is a respected leader who has invested himself in serving others with intelligence, optimism, energy, and commitment. And he has made a difference in the lives of many people who will never know or be able to thank him, as we do today."

Former Olympic ski racer and Lakes Region businesswoman Penny Pitou received the Granite State Award, which is bestowed on New Hampshire citizens, agencies, corporations, and foundations whose achievements have made significant contributions. Pitou was a trailblazer in women's skiing and a leader in New Hampshire philanthropy.

"Penny Pitou has never seen barriers, only problems to be solved, and then she addressed them," Steen said. "And she has been a role model in seeing that those who followed her would have the opportunities, whether through good coaching or support organizations or scholarships, to enable them to succeed."

ENTERPRISE CENTER AT PLYMOUTH CELEBRATES GRAND OPENING

If the early success of the Enterprise Center at Plymouth (ECP) is any indication, the business incubator and accelerator has a very bright future. The ECP, located at One Bridge Street, is at full capacity just three weeks after opening its doors with five fledgling businesses setting up shop in the state-of-the-art facility. The ECP's October 15 grand opening ceremony drew more than 100 people to celebrate the goal of job creation and economic development in central New Hampshire.

Governor Maggie Hassan, President Sara Jayne Steen, and Dinah Adkins, president emerita of the National Business Incubator Association and an expert on rural economic development, addressed guests during the ceremony in the lobby of the Silver Center for the Arts at Plymouth State University.

"New Hampshire stands at the threshold of a bright new future, as well positioned as any state to lead the country in innovative economic growth," Hassan said. "The Enterprise Center at Plymouth will play an integral role in seizing this opportunity, supporting entrepreneurs, small business owners and economic development throughout central New Hampshire."

The ECP provides a one-stop-shop for businesses throughout the region seeking advice and counseling, services, leased space, mentoring, and networking. The Grafton County Economic Development Council is providing the physical

location and building, using \$2 million in federal, state, and corporate funding; PSU is providing staffing, campus-wide business services, and intellectual capital.

SANTORE AWARDED AMERICAN PRIZE IN COMPOSITION

Jonathan Santore, professor of music and chair of the Department of Music, Theatre, and Dance, has been awarded the American Prize in Composition 2013 in the category for professional composers of choral music.

Santore was honored for his submission of selected choral works. According to the judges, his work "displays impressive skill, expressivity and contrast in every musical selection offered in the portfolio. The listener is drawn in from the start."

Santore appreciates the external validation that receiving the American Prize gives to his work. "Every creative and performing artist everywhere values the good opinion of peers in their field, and I'm both proud and humbled to have received this honor."



Jon Gilbert Fox photo.

AMC AND PSU SIGN MEMORANDUM OF UNDERSTANDING

The Appalachian Mountain Club (AMC) and PSU have made their organizations' commitment to continued collaboration official with the signing of a memorandum of understanding designed to foster ongoing sharing of resources and expertise.

AMC President John D. Judge and PSU President Sara Jayne Steen cited similar goals and objectives centered around education, scientific and environmental research, community partnerships, experiential learning, cultural and historic studies, and public service. Continued coordination and collaboration will advance their respective missions, while helping both institutions make a positive impact on the region's environment, economy, and communities.

PRINCETON REVIEW NAMES PLYMOUTH STATE UNIVERSITY ONE OF NATION'S GREENEST COLLEGES

PSU's ongoing commitment to environmental sustainability has led to its being named among North America's greenest colleges. This is the fourth consecutive year Plymouth State has been included in the greenest college ranking by the Princeton Review.



Detail of painting of Burton by Craig Pursley presented to the people of New Hampshire by Duane Baxter.

IN MEMORY: RAY BURTON '62

The late Raymond S. Burton '62 was honored at PSU with a memorial service held on December 14. Hundreds of people across the region gathered to pay tribute to Burton, a member of the New Hampshire Executive Council and a Grafton County Commissioner and a symbol of public service in the state.

A week before his passing, PSU honored Burton with its Henry W. Blair Award for Distinguished Public Service.

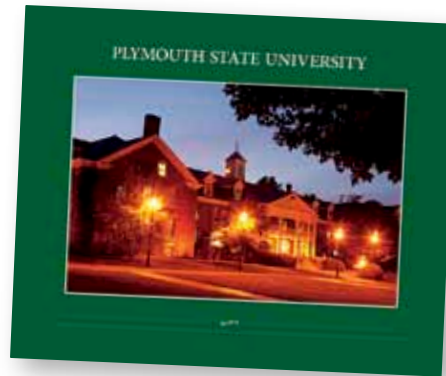
Burton, a 1962 graduate of what was then Plymouth Teachers College, began his career as a teacher and principal. He later became an adjunct faculty member in Plymouth State's Department of Social Sciences. After becoming a member of the Executive Council in 1977, he established an internship program for New Hampshire college students to learn more about the workings of state government. Many of Burton's former interns are now in public service.

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PSU PUBLICATIONS

Plymouth State University

This beautiful volume contains both a history of Plymouth State by Professor of History Marcia Schmidt Blaine and Professor of Health and Human Performance Louise Samaha McCormack '72, and a contemporary snapshot of the University through many photographers' lenses. Past and present combine to offer a glimpse of the educational innovation and commitment to students that are, and have been, characteristic of Plymouth State. Designed by Lisa Prince, Office of Public Relations.



***Strategic Enrollment Planning: A Dynamic Collaboration*, edited by Jim Hundrieser '90G, vice president for enrollment management and student affairs**

Competition for qualified students is on the rise among colleges and universities. Recruitment professionals must rethink their strategies in order to attract enough students to maintain their programs. Edited by Jim Hundrieser, with a team of college enrollment leaders contributing chapters, *Strategic Enrollment Planning* provides valuable insights on how higher education leaders can align mission, vision, and values with shifting market needs and expectations. Hundrieser places a strong emphasis on the importance of using hard facts to inform all recruitment decisions. "Setting benchmarks, constantly monitoring them, and pushing the organization to a higher level requires data, data, data," he says.

***True Colors*, Marcel Lebrun, professor of education and special education**

After noticing a lack of awareness in educators in how to deal with the relatively new phenomenon of gay and lesbian families, and especially considering the social and political changes of the past year, Marcel Lebrun wrote *True Colors* to educate future and present educators about how the meaning and structure of family has changed. Using personal stories from alternative, gay, and blended families, Lebrun explores the issues of surrogacy, reproductive technology, adoption, and bullying. The book includes a comprehensive children's literature section to support children of gay and lesbian parents. "My goal is to ensure that all children of same-sex couples receive a quality and enriching education from educators that are informed, accepting, and open-minded to diversity," Lebrun says. "Sharing the content of this book with

parents, educators, medical personnel, law makers, and the neighbor next door will go far in building a more positive, civil, and kinder society."

***Deviance Across Cultures: Constructions of Difference*, Robert Heiner, professor of anthropology-sociology**

In this substantially updated second edition to his acclaimed *Deviance Across Cultures*, Robert Heiner investigates the social construction of deviance. He asks if "deviant" and "criminal" behaviors are inherently wrong or evil considering that, as he writes in his introduction, "Different societies at different times construct different categories by which people differentiate among themselves." New to this edition are 21 additional articles addressing such topics as economic conditions, drug use, and criminality; discussion questions following each article; and an increased focus on methods.

***Eric Gill's Masterpieces of Wood Engraving*, David Beronä, dean of Lamson Library and academic support services**

Eric Gill, sculptor, typeface designer, stonecutter, and engraver, was one of the most creative and prolific English artists of the early twentieth century. Gill designed well-known typefaces in addition to illustrating hundreds of books. This original and striking collection gathers more than 250 of his finest woodcuts. Ranging from the religious to the erotic, featured designs include images inspired by *The Canterbury Tales*, *The Song of Songs*, and *The Four Gospels*, as well as whimsically decorated initials.

***Landaff Days: Sketches from New Hampshire's North Country*, Don Wharton, former Plymouth State president, 1993–2006**

Having grown up in rural Pennsylvania, author Don Wharton's eventual migration to northern New

England was only natural. In *Landaff Days*, he writes of the forests, fields, mountains, and people of his adopted hometown, Landaff, NH, calling it "a microcosm of the larger natural world, having its own beauty, rigors and mystery." He writes with humor, empathy, realism, and wonder as he explores and illuminates life in the North Country, providing a happy reading experience for anyone familiar with the area, or for readers who only dream of such an idyll.

***Quick Reference Dictionary for Athletic Training (Third Edition)* Julie Bernier, provost and vice president for academic affairs, and Linda Levy '04 CAGS, professor of athletic training**

For more than 10 years, the *Quick Reference Dictionary for Athletic Training* has been an essential resource for athletic training professionals, providing terminology (more than 2,100 terms and 20 appendices) and quick answers to questions that are encountered daily in the profession. Now updated into a third edition, this pocket-sized, comprehensive, and user-friendly companion guide includes new evidence-based data, accreditation information, range of motion measures, pharmacology, and concussion assessment protocols.

PSU Collaboration Leads to Emmy

When Trish Lindberg was a 17-year-old musician, artist, and actor, her mother—a teacher herself—told her she would make a great teacher. Lindberg looked her mother right in the eye and said, “I will never be a teacher!”

Mother Knows Best

Decades later, Lindberg, now a Carnegie Foundation NH Professor of the Year, a recipient of a New Hampshire Excellence in Education Award, and, most recently, an Emmy award winner for an educational television program about bullying, acknowledges that her mother may have been onto something. Apparently, Lindberg just had to find the right subjects to teach. In her case, this has turned out to be education and integrated arts, areas that allow her to marry her interests in theatre, music, and visual arts with education, thus reaching a greater number of people than she otherwise might have in just one of these fields.

Lindberg’s creative blending of her academic and artistic interests has paid off, not only in her career successes, but in reaching hundreds of thousands of children with positive messages over the years. She has brought her passion for integrated arts to life at PSU as artistic director of TIGER (Theatre Integrating Guidance, Education and Responsibility), a professional theatre company designed to help children, schools, parents, and communities deal proactively and positively with social issues facing children in schools today, and ETC (Educational Theatre Collaborative), an innovative arts education program. Thanks to Lindberg’s work with TIGER, which made its television debut on New Hampshire Public Television in

2012, PSU has now added to its trophy shelf a regional Emmy for best-produced Children/Youth Program, a national bronze Telly award, and first place in the feature category of the New Hampshire Association of Broadcasters awards competition. ETC was recently awarded the 2012–2013 New England Theatre Conference’s All New England Moss Hart Memorial Award for its production of *Marking the Moment*, an original musical that honored the 250th anniversary of the Town of Plymouth. This is the second time ETC has won this prestigious award. But Lindberg is quick to point out these awards are the result of a team effort. “Everything that has been accomplished at Plymouth State has been because of collaboration,” she says. “My part is just one piece of the whole.”

Educational Theatre is a Team Sport

Lindberg pays unstinting tribute to the many supporters of the organizations she has helped form and direct over the years. “So many hands touch the work of TIGER and ETC,” she says, “from the producers, designers, musical director, choreographer, stage manager, and cast members to business individuals, schools, and community volunteers.” Key long-time community supporters such as Alex Ray of the Common Man, Tom and Susan Stepp, and Richard and Carol Gerken ’67, along with new ones like Joan and Ed Kirschner of Plymouth

General Dentistry, have joined forces with PSU to help Lindberg bring positive messages and role models to hundreds of classrooms and theatres statewide and beyond (even to Egypt). With the launch of “TIGER Takes on Bullying,” the television program co-produced with NHPTV, the number of children receiving these important anti-bullying messages is now spreading exponentially. ■ *Emilie Coulter*



Top: Lindberg and her team celebrate their Emmy win. From left to right: Carla Russell, NHPTV producer; Will Ogmundson, composer; Lindberg; Pam Irish, TIGER tour manager; and Robb Dimmick '03 G, set designer.

Bottom: The award-winning TIGER cast rejoices! John Anderson photos.

SPORTS AND EXERCISE IN A TIME OF INJURY PREVENTION



As our nation moves from a health care system focused on treating illness, disease, and injury to one focused on wellness and prevention, health care and fitness professionals are expected to lead the way. Here's how three alumni from PSU's Department of Health and Human Performance are ensuring safety in sport and exercise.

Keith Belmore earned his bachelor of science in athletic training in 2005 and is currently a faculty member and clinical coordinator at the University of Missouri School of Health Professions. He oversees the clinical education component of the school's new athletic training program, a responsibility that entails placing students in clinical sites and evaluating their performance, their preceptors, and the clinical site itself. He's also responsible for a variety of administrative aspects of the new program, from curriculum design to student recruitment, and he teaches a course in the program. On top of this, he dedicates eight hours a week to working with student-athletes in a clinical setting.

"One of the most important aspects of my job is injury and illness prevention," Belmore says. "My colleagues and I create preventative exercise and strengthening programs, emphasize the importance of hydration and proper nutrition, and educate athletes, coaches, parents, and administrators on injury and illness prevention strategies."

Belmore believes that the connection between emotional and physical health is important and underestimated, and he is as concerned with his student-athletes' psychological, social, and emotional needs as he is about their physical needs. "They identify themselves as athletes, so if they're sidelined due to an injury or illness, that can affect their morale, their

perception of themselves, and their emotional health," he says. "That's why we take a holistic approach and care for and treat the whole athlete."

Belmore credits PSU with giving him a solid foundation in athletic training and believes his early hands-on clinical experiences were especially beneficial to his career today. As a sophomore, he had the opportunity to work with the men's soccer team. "At a big Division I school, you don't get that experience as early," he says, noting that PSU's smaller class sizes translated into more opportunities to work side-by-side with faculty. "At PSU, I was able to use the skills I learned in class right away—skills like wound care, taping, and therapeutic exercise.

Keith Belmore '05, (above center) an instructor at the University of Missouri, had numerous mentors in PSU's Athletic Training Program, including Professors Linda Levy, Marjorie King, and John Rosene. "They all influenced me in different ways and contributed to my academic and clinical success." Megan Gill photo.

Starting to learn those skills early on with my clinical preceptor was invaluable to me.”

After earning his master of education in health education and promotion, Belmore did a one-year post-professional residency program at New Hampshire Musculoskeletal Institute (NHMI), a nonprofit cofounded by HHP alumnus Nick Vailas '76 dedicated to advancing knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes. “I spent my mornings on rotations with health care specialists in orthopedics, dermatology, ENT, primary care, and neurology,” he says. “In the afternoons I worked with the local high school and was head athletic trainer for an arena football team. It was an intensive year that blended academics and clinical practice.”

Belmore returned to PSU after his residency, serving as head athletic trainer for football, clinical preceptor, and instructor for athletic training courses for three years. Then he returned to NHMI to head its Sports Medicine Outreach Program, overseeing athletic training outreach to nine NH high schools. He also served as a clinical mentor/preceptor for NHMI's residency program.

Wanting more clinical exposure for himself, Belmore accepted his current position at the University of Missouri, where he has struck a balance between being a clinician and an educator. He's eager to conduct research projects on emergency management of athletes with spine injury, his research focus during his residency at NHMI.



Major league alumni: PSU athletic training alumni Atsushi Torrida '03G (left) and Ichiro Kitano '03G before a Phillies–Nationals game. Torrida is currently head athletic trainer for the Fukuoka SoftBank Hawks, a professional baseball team in Japan. Both Torrida and Kitano were graduate athletic training students at PSU and had an opportunity to work with the Concord Quarry Dogs before making it to the big leagues. John Hsu photo. Below, Kitano's minor league baseball card.

While Keith Belmore is helping to ensure the safety and well-being of student-athletes, Ichiro Kitano '03G is doing the same for professional athletes as the manual therapy specialist for the Philadelphia Phillies baseball team. Manual therapy is a specialized form of physical therapy that incorporates specific soft tissue and joint mobilization techniques to promote tissue healing. Not only is manual therapy used to treat injury and reduce pain, it can also prevent injury by improving muscle flexibility and range of motion, reducing recovery time, and increasing blood flow. There are also tremendous physiological and psychological benefits to manual therapy, including relaxation and stress reduction.

Kitano earned his undergraduate degree in his native Japan, then came to Springfield College to learn English. From there, Kitano set his sights on earning a master's degree in athletic training. “There were only a few schools in the country that offered an athletic training program at the graduate level,” says Kitano, who, like Belmore, appreciated PSU's smaller size and numerous hands-on learning opportunities. His PSU athletic training education included rotations with the women's soccer team and the baseball team. “PSU gave me many great opportunities to work with student-athletes in

a variety of sports and settings,” he says. “I learned so much during my two years in the program.”

After he earned his master's, Kitano did an internship at Brown University for an academic year. In the nine years since, he's worked with baseball teams, first in the minor league, and for the past three years, in the major league. “My position is a little different than a regular athletic trainer,” says Kitano, who works with two traditional athletic trainers as part of a care team. “Ninety percent of my work is manual therapy, including massage, muscle release techniques, and working on soft tissue to prevent injury and speed up recovery. The other ten percent is more traditional athletic training work, such as caring for injured players on the field, assessing injuries, and rehabilitation.”

Kitano is pleased to see that more teams are recognizing the value in having a manual therapy specialist on staff. “It used to be that teams would have only two athletic trainers, and there wasn't much focus on injury prevention beyond warm-up exercises and stretching,” he says. “Now, there's a trend toward having three people on staff: two athletic trainers and a manual therapy specialist who work together to keep the players healthy and ready to play.”



Eric Wilson graduated from PSU in 2007 with a degree in exercise and sports physiology, and works with people of all ages who want to get fit and be healthy. After earning his personal trainer certification the summer after graduation, Wilson landed his dream job as a personal trainer at Boston Sports Club, where he worked for more than four years. “I’d put clients through an assessment to see the way they moved, what their fitness level was, and learn what their goals were.”

A year into his new job, Boston Sports Club hired a new fitness director, who changed the way the gym prescribed exercise. It marked a turning point in Wilson’s career and life.

Through the new fitness manager, Wilson learned about corrective exercise, a system of training that helps improve muscle imbalances and movement efficiency to decrease the risk of injury. “A lot of people who sit the majority of the day are tight in their hips and shoulders, and this throws off their movement pattern and kinesiology,” he says. “What we do is focus on flexibility and balance, and getting the body in a good position to work out, and teach our clients to do corrective exercise on their own. When they come in later, they are moving much better and we can go into a more aggressive resistance training or cardiovascular training program. With that knowledge, I felt that I was offering something unique to a wide level of clientele: older, younger, injured, non-injured, and people interested in losing weight or in building muscle.”

Wilson also experienced the benefits of corrective exercise in his own workout routine. “Nagging injuries started to fade away,” he says. “I didn’t realize how poorly I moved or how bad I felt until I started feeling better.”

In 2011, Wilson opened his own business, Movement Sciences, which is dedicated to teaching people corrective exercise. “I was able to bring a number of my clients with me, and



Training the trainers: Eric Wilson '07, top center and below right, has recently established his own corrective exercise school for aspiring personal trainers, the American Center of Corrective Exercise and Personal Training (ACCEPT) in Boston. Aoife Austin photos.



many of them have kept their gym memberships,” he says.

Now he’s also teaching other personal trainers about corrective exercise through his recently established American Center of Corrective Exercise and Personal Training (ACCEPT). Along with mastering corrective exercise techniques, Wilson’s students are required to earn their certification in personal training through the National Association of Sports Medicine, something that’s currently not required of personal trainers. “I’ve started this school,” says Wilson, “because there’s no accrediting body or agency that says you can or cannot be a personal trainer. There are no

educational requirements, and poorly qualified trainers can end up doing more harm than good to their clients’ health. I saw a huge opportunity, a way to start bridging that gap. What I’m trying to do is seed gyms and personal training studios with highly trained and educated personal trainers who can help people realize the benefits of flexibility and balance in exercise.”

Although Movement Sciences and ACCEPT are relatively new, Wilson has high hopes for both of his endeavors, based on his current number of clients and students, and the emphasis our nation’s health care reform is placing on prevention and healthy lifestyles. ■ *Barbra Alan*

STUDENT SPOTLIGHT: KATIE LARO

A FORCE OF NATURE





“If you don’t like the weather, wait a minute.”

If you live in New Hampshire, or have ever lived in New Hampshire, you’ve likely heard this or said it yourself countless times. The Granite State is known for its predictably unpredictable weather—and is even proud of it.

For Katie Laro ’12, ’13G, it was the unpredictability of weather that got her interested in meteorology back in elementary school. “My fourth-grade teacher handed out a book on the development cycle of tornadoes,” she recalls. “I was immediately interested and that interest grew into a need to understand how things work in our skies.”

When it was time for her to choose a college to attend, Laro chose PSU for its stellar meteorology program. In her sophomore year she was given the opportunity to apply what she was learning in class to the real world when her mentor, Professor Emeritus of Meteorology James Koermer, invited her to conduct research on convective wind climatology at Cape Canaveral in Florida. “I couldn’t pass it up,” says Laro.

Each year since 2005, Koermer has tapped some of his most promising students to work with him and personnel from the 45th Weather Squadron at Cape Canaveral Air Force Station on a convective wind study. The study is backed by the NASA-funded New Hampshire Space Grant Consortium, of which PSU’s meteorology program is an affiliate member. Convective winds are strong winds associated with thunderstorms, and they pose a major threat to space center and air force activities, second only to lightning. Interestingly, these winds have received far less research attention for this region than lightning has, and many of the wind tools and techniques used by forecasters were based on limited data or were designed for a different region of the country.

Koermer and his students have worked to change that. Over the years, they’ve compiled data for what is now an 18-year climatology study, which provides valuable information to assist Air Force forecasters in issuing timely warnings for convective wind events.

Laro’s responsibilities included gathering regional data and identifying convective wind episodes, which are periods of thunderstorms or heavy rain showers that can produce dangerous surface winds. She enjoyed conducting research so much, and Koermer was so pleased with her performance, that she returned to Florida during her senior year to continue her work.

Florida isn’t the only place Laro’s research has taken her. In her senior year, she presented her work to members of Congress, federal government officials, and others at the prestigious Council of Undergraduate Research

(CUR) annual Posters on the Hill reception on Capitol Hill in Washington DC. Laro’s presentation was one of 74 selected out of 850 entries for the reception. She also had the opportunity to present her work to the American Meteorological Society’s national conference in Seattle.

As a graduate student in PSU’s Master of Science in Applied Meteorology program, Laro once again teamed up with the now-retired Koermer on research. This time their focus is lightning, which poses an even greater threat to air and space travel than convective winds do. “Professor Koermer knew my work, and my work ethic,” says Laro of her latest research project. “He asked me if I was interested in this as my thesis project. Once again, I couldn’t say no.”

The focus of this project is to test a lightning sensor prototype for a company that wants to produce low-cost lightning detectors for businesses whose revenue is tied directly to weather conditions, such as golf courses and stadiums. The device will sense where lightning is, allowing users to estimate when it will come their way. “Right now, most of the sensors that are out there are government-run. You can obtain data from them, but it’s not as convenient as having your own sensor,” Laro says.

“The sensor is stationary—you put it out in a field, leave it there, and it collects data,” she continues. “The company tested it in the lab, but there’s only so much you can do in a lab that mimics the real world, so they asked Professor Koermer to field-test it.”

Alas, travel to sunny Florida wasn’t required for this research project. “I’m working very remotely,” Laro says. Koermer,

who lives 30 minutes from where the sensor is stationed, regularly collects data from the sensor, downloads it to his computer, and uploads it onto a website where Laro can access it and analyze it on her laptop. “My goal is to provide the company with the most stratified analysis that I can: To tell them what works, what doesn’t, and why so they can make the best possible product for consumers.”

“I’m looking forward to gaining more experience in the kinds of research I’ve already done, and exploring what else is out there.”

Now that Laro has earned her master’s degree and is nearing the end of her research project, she is contemplating what’s next for her. “I’d like to get a job in the field, and take whatever comes next with the same excitement I’ve had as a student,” she says. “I’m looking forward to gaining more experience in the kinds of research I’ve already done, and exploring what else is out there.”

While her education and research have shed greater light on what happens in our skies and why, Laro still finds herself as awestruck when she looks skyward as she was as a fourth grader. “I’ve always been fascinated by the sky and clouds and how they evolve,” she says, “and now that I have some understanding of how and why they do, I find it even more fascinating.” ■ *Barbra Alan*

Jon Gilbert Fox photo.

TEAMING UP FOR SERVICE

There's more to PSU's student-athletes than excellent grades and athletic prowess. There's a desire to make a difference in the world.

Plymouth State men's hockey coach Craig Russell '09 encourages his team to serve as often as possible. Through the nonprofit organization Team IMPACT, which pairs children with life-threatening or chronic illness with local college athletic teams, Russell and his athletes have befriended one young boy who has made as big an impact in their lives as they have in his.

Ten-year-old Tyler Carson of Franklin, NH, has osteosarcoma, a type of bone cancer commonly found in children, especially during periods of rapid growth. Tyler underwent numerous surgeries to remove a tumor that developed on his femur, and has been in and out of a wheelchair ever since. When Russell heard of Tyler's story, and his interest in "joining" the men's ice hockey team, he wasted no time in putting the play into action. "The players have gained a lot as individuals and as a team," since meeting Tyler, notes Russell. "Working with Tyler allows team members to view their own challenges from a new perspective."

The first time you meet Tyler, you discover that he doesn't allow his physical challenges to get in the way of doing what he wants to do, and he loves being part of the men's ice hockey team. From helping the team welcome 15 new members this season to tackling the fully padded goalie and challenging the whole hockey team to a post-practice snowball fight provided by fresh ice

shavings, Tyler is truly part of the team, whose members welcome his playfulness and boundless energy. And after a scrimmage, it's Tyler who, from the heart of the huddle, leads the team in a final cheer and emerges with a grin.

"The guys love having him around and we're honored to be a part of his battle," says team captain Dave Walters, a graduate student in international business. "Watching him go through something like this and still come to the rink with a smile on his face helps me put my own life into perspective and realize how lucky I've been. He's truly been an inspiration to not only me, but the whole team."

Prior to becoming head coach of the women's lacrosse team, Kristin Tracy worked in the Plymouth public school system, where she learned firsthand the difference mentoring can make in young children's lives. When she came to PSU, she realized her team of high-achieving student-athletes would make excellent role models for local schoolchildren, and created a campus organization, Positive Athletes Working with Students (PAWS), to connect students with service opportunities.

Each week, members of the lacrosse team visit with elementary school students for mentoring, tutoring, and simply hanging out. Carly Floyd '15 has been involved with PAWS for the past three years. "It's a great experience.

The kids really look up to the student-athletes," she says.

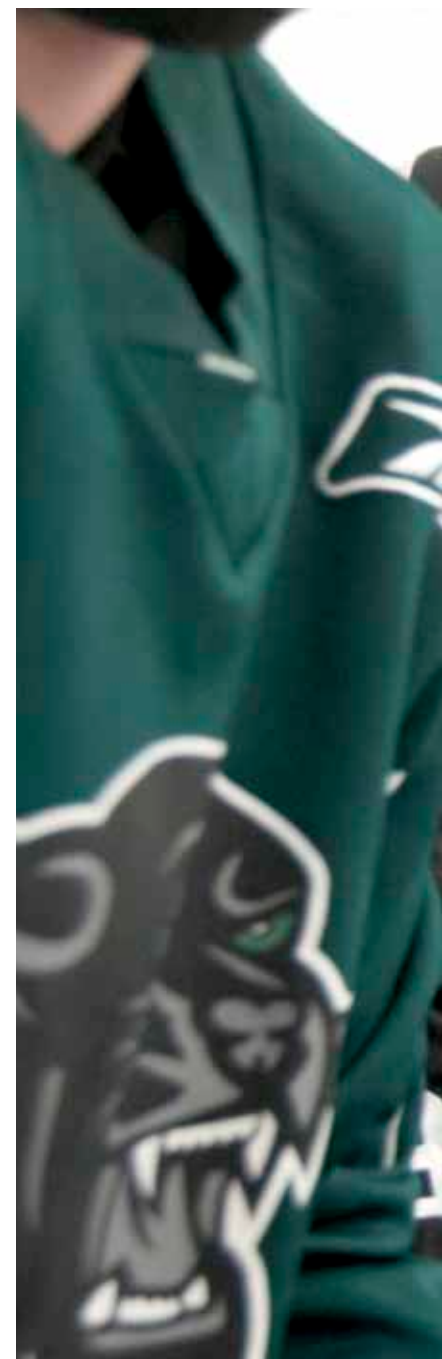
One particular elementary-aged boy, however, was painfully shy, especially around Floyd and her teammates. Floyd says that although it was difficult to even get him to tell her his name at first, she was eventually able to build a rapport with the little boy, who afterward walked her around the athletic fields and playgrounds at his school, introducing her as his friend.

The seemingly simple act of shooting hoops on the playground, tutoring or mentoring, or simply giving these students someone to talk to, provides them with the motivation and encouragement that they need. "Sometimes we get so wrapped up in our sport it really helps us to play for something bigger than ourselves," says Floyd.

Molly Gleason '15 agrees. "I strongly believe that service has made us a better team. It has not only been a bonding experience for us, but it also reminds us that as a group we have a huge impact on others' lives."

While dedicating their time is a great way to offer support, Tracy's team has also participated in numerous fund-raising efforts, and recently raised more than \$6,000 for the Wounded Warrior Project, a veterans service organization that offers a variety of programs and services for wounded veterans of the military actions following 9/11.

■ Daniel Kaar '14.



Daniel Kaar is a communication studies major with an option in film and media who hopes to pursue a career in public relations.

Jeremy Gasowski '01 photo.

ATHLETICS



Watch the video online
go.plymouth.edu/teamIMPACT

FACULTY FORUM



FILIZ OTUCU ON **DEMOCRACY AND THE MIDDLE EAST**

Filiz Otucu is a professor of political science and specializes in international relations, Middle Eastern politics, and the United Nations. A native of Turkey, she earned her MA at the University of Central Oklahoma, and her PhD from the University of Kentucky. Otucu teaches courses on politics and conflict in the Middle East, terrorism and counterterrorism, and political Islamic fundamentalism. Plymouth Magazine asked Professor Otucu to share her thoughts on democracy and the Middle East, where Islam is the predominant religion.

If you would want us to pay attention to one thing about our view of the Middle East, what would that be?

We need to pay attention to our misperceptions, be open-minded and understand where the other person is coming from. A big part of understanding is becoming aware of our stereotypes—not to put them aside, which is very difficult—but to be aware of our biases and start questioning. A simple example: many of us think *jihād* means “holy war.” But for 99.9 percent of Muslims *jihād* is an inner struggle to be a good Muslim, to be a good person.

We get most of what we know about the Middle East from the media. If they focus on what moderates are talking about and what Islam is really about, how many people will watch? But if the story is about a bombing, we watch. Media is a part of our culture, and we fall prey to its influence.

Why does the Middle East seem so anti-American?

It’s important to note that, with the exception of a very small group of extremists, the majority of Middle Easterners are not against Americans. They are only critical of American foreign policy decisions because they pay the price for them. When the West

gets involved militarily, civilians often are killed. Collateral damage happens, but the majority of these civilians are innocent people and somebody’s loved one. An apology does not cut it.

When your loved ones suffer or die because of sanctions or military attacks and your life becomes so desperate, you are more inclined to listen to extremists and be manipulated. We have to be careful about what we are doing and how it affects people’s lives—the consequences of our actions. We should not give extremist leaders reason to get better at their propaganda and win people over.

How can the US support democracy in the Middle East?

There is a debate about whether Islam is compatible with democracy. Increasingly, Muslims themselves are saying “yes,” and Islamic political movements and parties are deciding to take part in elections whenever possible. Terminology matters. You cannot sell Western liberal democracy to many Muslims because Muslims associate it with Western colonialism. But some are embracing features of democracy like human rights, elections, and the rule of law. These concepts are consistent with the Islamic concepts of *ijma* (consensus) and *shura* (consultation).

The Islamic democratic movement is a work in progress. Indigenous calls for democratic reforms are being heard in almost every part of the Muslim world. Unfortunately, pro-Western Arab and Muslim dictators, not necessarily Islamic activists, have been blocking any real democratic opening.

Supporting democratization is not about elections, but rather how we can help liberalization of these societies. The West can play a role by not supporting dictatorships, and by pressuring authoritarian regimes when they attack their own people. We can exert pressure for gradual reforms. The Middle Eastern countries need a strong civil society to produce leaders and mobilize the public around democratic movement. Democratization should come from both above and below. We can help civil society organizations to gain strength, making it bottom up, people demanding those liberties. We can pressure the leadership to allow civil liberties, to include them in the constitution and to guard them very dearly. Then, real democracy can flourish in the Middle East. ■



Otucu in her class,
Politics and Conflict
in the Middle East.

Jon Gilbert Fox
photos.





ALUMNI IN THE ARTS

HOW FOUR MTD ALUMNI ARE PUTTING THEIR DEGREES TO WORK ■ BY MARCIA SANTORE



Above: Jake Josef '08 was technical director for the Glimmerglass production of Wagner's *The Flying Dutchman*. Karli Cadel photo, courtesy of the Glimmerglass Festival.

Right: Cassandra Marcella '00 is the band director for the West Haven (CT) High School Marching Band.

PSU's Department of Music, Theatre, and Dance is the starting point for alumni pursuing a wide variety of artistic careers. From here, they go out into the world to do what they love: they teach in Connecticut and Kuwait, perform on cruise ships and Off-Broadway, work backstage in Boston and Oman, and so much more. Here's how four alumni, each representing a facet of the multidisciplinary department, are achieving success in the arts.



Left: Daniel Brevik '11 (center) appeared as Don Pedro in the New England Conservatory's production of *La Perichole*.

Above: Kathleen Pantos '08.





Cassandra Marcella '00 recorded her career ambition in her high school yearbook. Thanks to a series of mentors, her education in MTD, and her own focus and dedication, Marcella achieved that ambition: to be the band director at West Haven (CT) High School, in her hometown.

Marcella's career aspirations were inspired by her middle school and high school band directors, Tom Gibbons and Skip Crabtree. When she began to look at colleges, it was Crabtree who encouraged her to check out Plymouth State.

understanding. I had the faculty's support in leaving and in coming back. I don't think I would have found that at any other school."

She was able to pick up where she left off and finish her degree. That was important because back home, people were waiting for her to fill a new elementary school band director position. Two years after taking that job, she learned that her mentor Crabtree was retiring from West Haven High School. Marcella was hired to replace him, and pays forward all the mentoring and care that she received as a student.

“People tell you that you’ll know you’re at the right school the minute you get out of the car. That was absolutely true when I came to PSU.”

“People tell you that you’ll know you’re at the right school the minute you get out of the car,” says Marcella. “That was absolutely true when I came to PSU.”

She studied saxophone with Professor of Music Rik Pfenninger and instrumental conducting with Gary Corcoran, now professor emeritus of music. “I felt so welcome. I knew I’d made the right decision,” she says. “Professors were genuinely interested in the students and everyone was very caring. It’s never been recreated in anything else I’ve ever done.”

But Marcella's life took a very difficult turn. “One of the toughest things I dealt with at Plymouth State was when my father passed away from cancer,” she says. When Marcella felt she needed to take some time off from college, she says, “All my professors were so helpful and

As Corcoran says, “Cassie is the type of teacher that other teachers aspire to be. The dedication she shows her students at West Haven High School is beyond measure.”

And it's appreciated. Marcella describes her former student Brenda Calderon as “valedictorian from her freshman year,” and helped Calderon with her application to Yale University. When she was accepted, Marcella says, “I was more excited for her than she was for herself!” But Calderon had a surprise for her band director and mentor.

“On the first day of school this year,” Marcella says, “I was going through all the mail that had come in over the summer and dropping most of it straight into the wastebasket. There was a package from Yale and I almost threw it out.” To her great surprise, the package contained

a Yale Educators Award. Without telling Marcella, Calderon had nominated her for the award, which recognizes teachers around the world “who have supported and inspired their students to achieve at high levels.”

Supporting and inspiring students: That’s what Marcella learned from her teachers—and that’s what she continues to do every day.

Jake Josef ’08 first came to PSU as a singer. But everything changed when he took a job in the theatre shop. He was taken by the hands-on nature of the work, which includes all the design, building, rigging, and technology that go into the behind-the-scenes work of a theatrical production. He was hooked—and quickly changed his major.

“Jake is a great example of what it means to be a theatre practitioner,” says Matt Kizer, head of MTD’s theatre design and technology program. “He began at Plymouth State as a performer. He sang, he danced. He performed the lead role in our production of *Guys and Dolls*. We admit students by audition only here; Jake was a really good performer. At the same time, he also developed an interest in theatre technology. He worked in our shop, and grew to be really good at engineering, design, and planning.”

Josef keeps in touch with the MTD faculty and still turns to them for advice. “It was a small program, which was a huge influence on what I was able to accomplish,” he says. “The faculty and the facilities at Plymouth State are something that you’re going to take with you and use for the rest of your life.”

In 2007, Josef interned at the Glimmerglass Festival, a

professional summer opera company based in Cooperstown, NY. That experience inspired Josef’s decision to continue his education. His appreciation for the opportunities he’d had at Plymouth State led him to seek out another small program for his MFA in technical direction at Southern Illinois University Carbondale. As a graduate student, Josef was hired as assistant technical director at Glimmerglass, then promoted to technical director. Last summer, the technical team built sets for three out of the four productions. Building the set for Wagner’s one-act opera *The Flying Dutchman* “really stretched my knowledge,” Josef says. “With flying actors and lots of flying scenery, it was a great learning experience!”

Josef’s work with Glimmerglass has even taken him around the world to Oman, where he was technical director for *The Music Man*, co-produced with the Oman Royal Opera. “The most rewarding part of the trip was the chance to work with theatre technicians from all areas of the world, and learn their methods and techniques in technical theatre,” Josef says. “The opera house was state-of-the-art, and the opportunity to work with that kind of technology was invaluable.”

Kizer is pleased to see where his former student’s career has taken him. “As a technical director, Jake is ultimately in charge of everything that happens on stage in regard to technology and stagecraft. He’s a great representative of what we want our program here to be about; everyone should know as much as they can about everything, and put that together with their passion to contribute to our art.”

Kathleen Pantos ’08 assumed she would attend college in New York City with a highly competitive dance program like the one she had trained in. But a friend told her about the dance program at Plymouth State and she decided to audition here, as well. What she found at PSU amazed her: a true sense of community, something she had been missing in her earlier dance training. People on campus greeted her wherever she went—even other dancers. “Going into the city, you get the competitive thing immediately,” Pantos explains. “But at Plymouth State, you get the sense that we’re all doing this because we love dance.”

She also found she could have a full and rich life outside of dance plus incredible professional opportunities. “The experiences we were given in New Hampshire were just as good as the ones my friends had in New York or Los Angeles.”

Pantos speaks highly of Amanda Whitworth, director of the MTD dance program. “She’s so supportive and she taught me so much,” Pantos says, including how to pace herself and how to have fun. “She wants to see her students succeed.”

Whitworth speaks highly of Pantos, as well. “Kat’s maturity and focus grew tremendously over the course of her academic career. Because she remained open to guidance, Kat was able to build an educational and artistic foundation that broadened her choices upon graduation.”

One of those choices was to go to Boston Dance Alliance’s open-call audition for Urbanity, a professional contemporary dance company in the South End. By 2011, Pantos was Urbanity’s associate director, running the

apprentice program and summer internships, and a principal dancer.

Another choice was to leave Urbanity to work with the Sobers and Godley Festival at Alvin Ailey City Group Theatre in New York City. Pantos even started her own pick-up company, performing at the Genesis Dance Festival in Queens. The Women in Dance Festival pairs 10 up-and-coming female choreographers with famous female choreographers to create new work. “Once you’re out of college, you lose that sense of mentorship. I was really drawn to this festival because of the mentorship aspect.”

Pantos remains connected to PSU and MTD. “The community Plymouth State has created follows through even six years later,” she says. “I adore Plymouth. It’s a home away from home. Amanda creates a wonderful atmosphere of ‘we’re going to work hard, but we’re going to have fun.’” In October, Pantos returned to the Silver Center to conduct a master class. “I’m excited to work with the next crop of artists at Plymouth State.”

Daniel Brevik ’11 had no idea that he would be an opera singer until an injury ended his high school football career. A friend suggested Plymouth State’s vocal performance program, and Brevik decided to audition. When he saw MTD’s production of *Cabaret* in the Silver Center the night before his audition, he knew he was at the right place. At first, he sang mostly traditional American pop and joined the *a cappella* group, Vocal Order. His experience with classical music was minimal. “The first year was pretty intense,” Brevik says, “but I ended up falling in love with Chamber Singers.”

“One moment I’m singing *a cappella* and the next I’m singing opera, and it’s all because of the professors I met along the way.”

Brevik was advised to study with Professor Kathleen Arrechi, coordinator of voice performance studies. He was surprised to be accepted into her popular and busy studio. “Professor Arrechi makes sure that she gets you on the right track,” says Brevik.

Arrechi recalls, “When I first heard Danny sing, I knew that his was a voice of exceptional promise but he really didn’t recognize it himself. When I mentioned to him that opera might be a direction he should consider, he was very dubious. It took several years of convincing, plus the assistance of other knowledgeable singing professionals, before Danny started to believe this could happen for him.”

Arrechi signed him up for the American Traditions competition, where he won the People’s Choice Award and met renowned operatic baritone Sherrill Milnes. Milnes and Arrechi encouraged him to enter the Boston National Association of Teachers of Singing (NATS) Competition, where he took first place and caught the attention of bass-baritone Mark St. Laurent, chair of the voice faculty of the New England Conservatory. Arrechi helped Brevik prepare his audition for NEC’s graduate program. He knew it was a competitive program and didn’t expect to be accepted, much less receive the conservatory’s Presidential Scholarship.

Conductor Steven Lord has been called one of the 25 most powerful names in opera. He cast Brevik in *La Perichole* and *Paul*

Bunyan. *EDGE Boston*’s review of *La Perichole*, says, “Daniel Brevik ... was the real standout. His is a world-class voice, a massive, focused baritone with a rich, warm timbre. He can look forward to a major career in opera.”

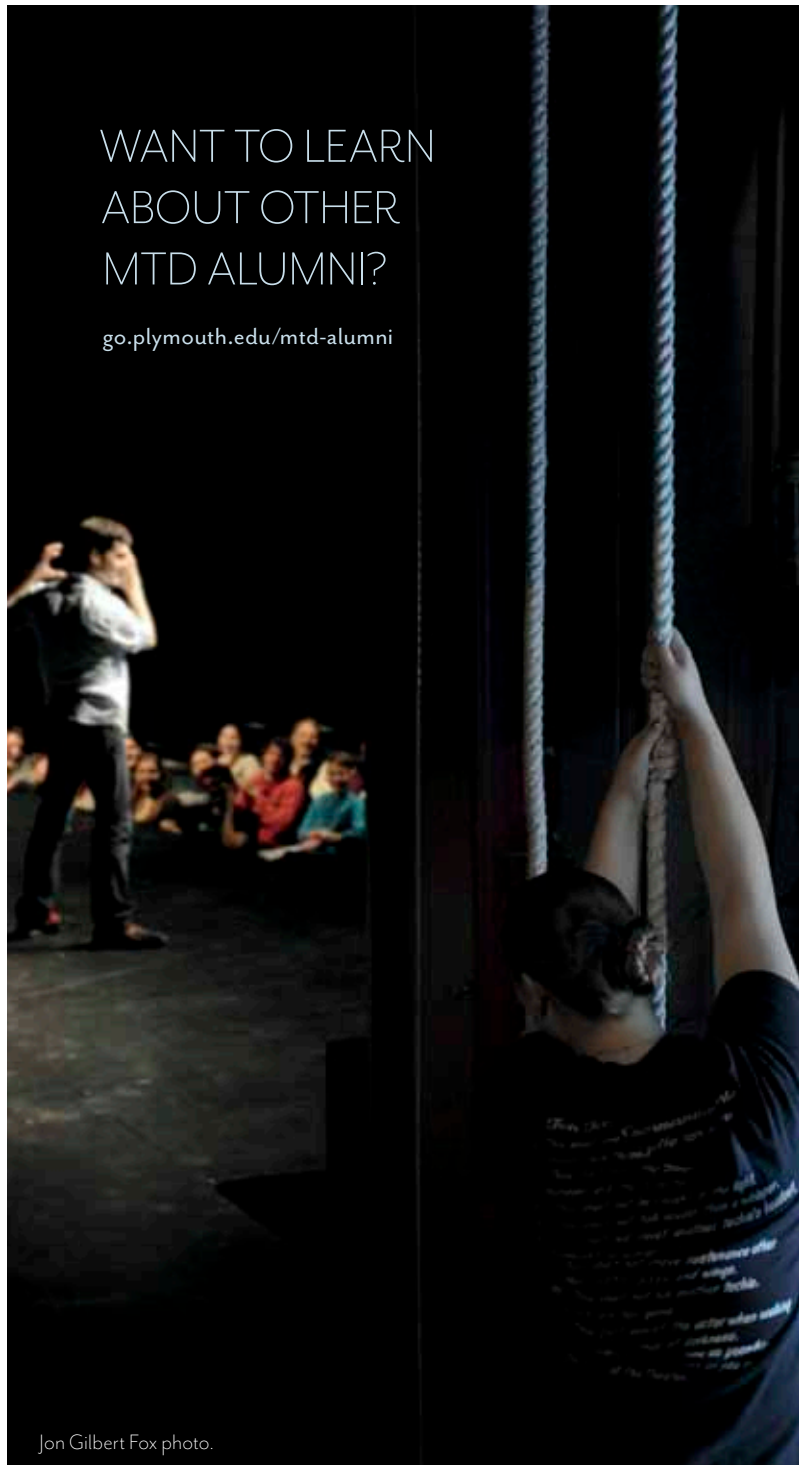
Lord encouraged Brevik to audition for Opera Theatre of Saint Louis. “It’s one of those programs you don’t expect to get in,” Brevik says. But the audition went well and Brevik found himself in St. Louis, in the ensemble for *Pagliacci* and *The Pirates of Penzance*. Brevik figures he must have made a good impression when he showed up on the first day of rehearsal with all the chorus parts memorized and discovered that everyone else was sight reading. Next June, Brevik will appear in an original opera at the Opera Theatre of Saint Louis called *27*. The opera will star acclaimed mezzo-soprano Stephanie Blythe as Gertrude Stein. Brevik was cast to play several members of Stein’s circle, including Pablo Picasso and Ernest Hemingway. Composer Ricky Ian Gordon will tailor these roles specifically for Brevik’s voice.

Brevik marvels at his transformation as a singer, and the support from his professors at PSU as a student and now as a successful alumnus. “One moment I’m singing *a cappella* and the next I’m singing opera, and it’s all because of the professors I met along the way.”

■ Marcia Santore is a Plymouth, NH-based writer, editor, and artist.

WANT TO LEARN
ABOUT OTHER
MTD ALUMNI?

go.plymouth.edu/mtd-alumni



Jon Gilbert Fox photo.



CRIMINAL JUSTICE

AT PLYMOUTH STATE ■ BY BARBRA ALAN

In September 2003, Plymouth State University launched its criminal justice program with 45 students and two faculty members: Professor of Business and Criminal Justice David Kent (now professor emeritus) who developed the program, and Mark Fischler, who had recently joined the faculty at PSU after working as a practicing defense attorney with the New Hampshire Public Defender.

The goal of the program was to fill a critical need in central New Hampshire and beyond: to provide a criminal justice degree that was geared toward service, and whose graduates would serve with compassion and a willingness to help.

In just over a decade, the criminal justice program at PSU has flourished, with more than 300 majors and a large and diverse faculty comprising current and former attorneys, judges, police

officers, parole officers, prison wardens, sociologists, and well-respected researchers. “We have a committed faculty that cares about students and treats them like family,” says Fischler. He notes that the faculty’s diverse background gives students “a well-rounded exposure to the criminal justice system that allows them to find a place where they can make a difference.”

Professor Francis Williams, who began teaching after a 26-year career as a criminal justice professional, agrees. “We are an engaged faculty with our own individual research interests and experiences. What we have in common is a devotion to providing a learning environment for our students that allows them to challenge themselves and succeed academically and in their future careers.”

THE CURRICULUM

The Bachelor of Arts in Criminal Justice prepares students for careers throughout the criminal justice system, including law enforcement, law, court administration, government, criminology, corrections and probation, and careers working with juveniles. In addition to acquiring skills and knowledge in areas such as forensic science, criminology, ethics and law, research methods, corrections, and criminal justice technology, students also acquire a strong liberal arts foundation that helps them develop skills in problem solving, communication and writing, and interpersonal relations. “Criminal justice is a people business,” says Kent, who is also a judge with the Plymouth Circuit Court. “You need strong communication skills and interpersonal skills to work in this field.”

As Fischler points out, the degree offers more than the acquisition of practical skills. “We value a liberal arts education and the deeper world views that are developed when you study through the lens of a liberal arts education,” he says. “It’s a great benefit to our students who will go on to enforce the law, interpret the law, work in corrections, and serve people within the system.”

Walk into any criminal justice classroom, and you won’t see a faculty member lecturing while students diligently take notes. Rather, active student participation is expected, and the students wouldn’t have it any other way. “We often get into some exciting discussions and debates in class that make me want to read more, learn more, and investigate certain topics further,” says Charles DeJoie ’14. “Every class is interactive and collaborative, which has helped me become a stronger speaker and more confident in sharing my point of view.”



“We have a committed faculty that cares about students and treats them like family,” says Professor Mark Fischler, chair of the criminal justice department. Jeremy Gasowski ’01 photo.

“Every class is interactive and collaborative, which has helped me become a stronger speaker and more confident in sharing my point of view.”

Faculty members often invite guest speakers to talk to their classes. “Bringing professionals into the classroom to present to students, share their real-world experience and insights, and answer questions is invaluable to our students’ learning,” says Williams, who also shares his own experiences in law enforcement, security administration, and probation with his students. Not only do these talks reinforce classroom learning, he says, but they also give students an idea of the kinds of careers available within the field of criminal justice.

HANDS-ON LEARNING

Like all majors at PSU, criminal justice students engage in experiential learning to supplement what they’re learning in class. From observing hearings and interviewing attorneys and judges at the Plymouth District Court to developing the skills necessary to maintain and analyze criminal evidence, criminal justice majors have rich and varied hands-on learning opportunities to choose from.

In Fischler’s Criminal Adjudication course, for example, students fill out search warrants and arresting affidavits, and put their classroom knowledge, communication skills, and critical thinking skills to the test by staging mock bail hearings, plea negotiations, and cross-examinations.

In Professor Stephanie Halter’s ’02 Research Methods class, students learn to become better consumers of research and create their own surveys. Some of Halter’s students are currently working on a service-learning project in which they are developing a survey for the Plymouth Mental Health Court, a program that seeks to provide an effective and meaningful alternative to the traditional criminal justice system for individuals with mental illness. The aim of the survey is to measure program participants’ success in complying with court orders, such as participation in counseling, drug or alcohol treatment,

or finding employment. The survey will also measure participant recidivism as well as the participant satisfaction with the program.

“Students will have the opportunity to sit in on hearings and interact with the program staff to learn more about program goals and objectives, then develop the survey,” says Halter, whose doctoral dissertation on how juveniles involved in prostitution were conceptualized by police as victims or offenders earned the American Professional Society on the Abuse of Children’s Award for Outstanding Doctoral Dissertation in 2009.

RESEARCH

Research is a central part of Plymouth State’s mission and a reflection of the University’s values and guiding principles. Many of the faculty members in the criminal justice department engage in scholarly research that they share with their students, not only to augment classroom learning, but also to inspire them to discover their own passion for research.

Halter acknowledges that many of her students don’t immediately recognize the value of research to careers in criminal justice. Her most compelling argument is her own outside research endeavors, one of which is conducting evaluation research for the Court Improvement Project, a statewide initiative that seeks to improve the court experience for abused and neglected children.

“Evaluation is a key part of the criminal justice system, and I am paid very well to do evaluation research, because many agencies don’t know how to do it themselves,” Halter says. “They are spending taxpayer dollars on programs and they need to make sure these programs are effective. I tell my students that if they don’t learn these skills, they should be prepared to pay a consultant about 10 percent of their program’s budget someday, because that’s what it costs for an evaluation.”

Professor Kristine Levan's research focuses on criminal violence and institutional corrections, in particular prison sexual assault and how it impacts individuals in the long term and how they take those experiences with them when they're released back out into the community. Prison inmates, says Levan, "are being released from prison with sexually transmitted diseases, rape trauma syndrome, hostility, anger, fear, and depression, and they're continuing that cycle of violence and victimization in the community or at home. We need to put the 'correcting' back in 'corrections.'"

Like many of her colleagues in the criminal justice department, Levan's research is widely published in journal articles, books, and textbooks. Her most recent article, featured in *Justice Quarterly*, focuses on perceptions that male inmates have about sexual victimization and why they don't report it, versus why people in the community don't report sexual victimization. Other articles have analyzed media depictions of sexual violence in the prison system.

In 2011, Levan and her PSU colleague Professor of Criminal Justice David Mackey collaborated on *Crime Prevention*, a textbook that is being used in crime prevention classes and criminology classes nationwide. She followed this up with 2012's *Prison Violence: Causes, Consequences, and Solutions*, a comprehensive analysis of prison violence on national and international levels.

INTERNSHIPS

Internships give students the opportunity to explore career options, develop skills, and network with professionals while applying what they've learned to the real world. Criminal justice majors with a grade point average of 3.0 and higher are eligible for internships beginning their junior year. Students have interned at the US Marshal's Office, the state attorney general's office, in juvenile probation and parole, and in police departments throughout the region. "Internships allow you to engage in hands-on learning that can help shape your interest in a specific area of the field, or in a specific profession," says Penina Wallace '13. "I did two internships, one with a criminal defense law firm and the other with a nonprofit drug abuse prevention program."

While Wallace found both of her internships interesting, it was her internship with the law firm that showed her where her interests lie. "I was going to court, doing research, interviewing clients, and experiencing the daily activities of a lawyer. It helped me develop an understanding, while still a student, of what being a lawyer would entail, and I loved it," says Wallace, who is now in her first year of law school at UNH Law.

"An internship is just as successful if you find out what you do not want to do," says Fischler. "That's just as helpful an experience, if not more so."

Amanda Johnson '08 knew exactly what she wanted to do with her criminal justice degree. "My goal was to become a New Hampshire state trooper after graduation," she says. The experience she gained and the contacts she made during her internship helped her do just that. "I completed an internship with the Plymouth area prosecutor's office, and not only was the experience invaluable in terms of exposing me to the complex criminal justice process from courtroom formalities to legal processes, but it also provided me with an opportunity to



network with professionals in the field. At the conclusion of my education at Plymouth State, I had built relationships with mentors and supervisors that helped me secure employment."

As a New Hampshire state trooper, Johnson's responsibilities include enforcing motor vehicle laws and investigating criminal offenses including violations, misdemeanors, and felony-level crimes. She is assigned to Troop F, which primarily serves rural towns in the northern half of New Hampshire—towns that don't have fully staffed police departments, or any police departments at all. "The state police take on the primary law enforcement duties for these towns," she says.

In the decade since the Department of Criminal Justice was formed, the program has produced well-educated graduates who go on to rewarding careers in law, law enforcement, corrections, and more. In fall 2014, PSU aims to launch the Master of Science in Criminal Justice Administration, which will help prepare professionals for leadership roles in law enforcement.

While PSU's criminal justice alumni embark on a wide variety of careers, what they share is a high-quality educational foundation and connections with committed and caring faculty mentors that endure long after graduation.

To serve and protect:
New Hampshire
State Trooper
Amanda Johnson '08
serves rural towns in
the northern half of
New Hampshire.

Below left: Penina
Wallace '13 is in her
first year at UNH Law.



THE GREEN

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Come to campus in
2014!
for these **great**
alumni events



Alumni Reunion Weekend June 20–22, 2014

June is a great time to return to campus, renew ties with classmates, discover connections with people you may not have known, and celebrate your Plymouth State experience. The campus and region will be in full spring bloom and with on-campus accommodations in Langdon Woods Residential Complex, staying for the entire weekend could not be easier. As always, ALL alumni are encouraged to attend, but the following groups will be celebrated:

- Landmark reunions for alumni graduating in years ending in 4 and 9
- Third Biennial Greek Alumni Reunion

Help plan your reunion!

E-mail alumni@plymouth.edu with "Reunion" in the subject to join a volunteer planning group. For more information visit go.plymouth.edu/reunion.



Homecoming & Family Celebration September 26–28, 2014

Fall in New England is a time rich in traditions and packed with ample opportunities for family fun. We hope you'll bring your family "home" to Plymouth State for Homecoming & Family Celebration 2014.

Alumni, students, parents, faculty, staff, and friends can enjoy the Harvest Festival on Alumni Green, athletic contests, shows at Silver Center for the Arts, alumni gatherings, award ceremonies, the annual Foley Footrace, and more. Come and celebrate the best of Plymouth State and be sure to book your lodging needs early! For more information visit plymouth.edu/celebration.



ALUMNI NEWS & NOTES

1960s

Wesley Colby '66, '71G and his wife, Gayle, celebrated their 34th wedding anniversary in August 2013.

Warren Tomkiewicz '66 retired as professor of natural science after teaching for more than 25 years at Plymouth State. He taught courses in Earth system science, environmental science, ocean studies, science education, and action research; was the science advisor for PSU's Center for the Environment and meteorology graduate programs; and was former chair in the environmental science and policy department.

Lorilee Fish '68 retired from her post as recreation and parks director in Mansfield, MA, after a 26-year career. She is credited with starting many traditions in the department, including the town's annual Great Duck Race.

1970s

Patty (Davis) Lambert '71 plays wooden flute, silver flute, whistle, and concertina in Callanish, a traditional Irish band. In March 2013, the band released their fourth CD, *The Hare's Paw*, which was funded via a Kickstarter campaign and can be pre-viewed at callanishband.com.

Lee (Richman) Nelson '72 retired after 35 years of teaching kindergarten through third grade students. Her career took her from New Hampshire to Vermont to Virginia and although she will miss her students, she is looking forward to more time with her family and not having to set an alarm clock.

Brenda (Baines) Grady '73 was elected to the New Hampshire House of Representatives. She represents the town of Merrimack.

Susan (Monica) Mollohan '75 married Steven Mollohan in 2011 and between them they have seven children. She worked in education for 25 years—15 as a teacher and 10 as a high school administrator. Four years ago, Susan was diagnosed with Parkinson's disease. Each year, she and her husband participate in the New England Parkinson's Ride in Old Orchard Beach, ME. Proceeds from the ride support the Michael J. Fox Foundation.

Melanie (Hayes) Devoid '76 received her master's degree in curriculum and instruction in technology from Grand Canyon University in May 2013. She recently retired after teaching for more than 30 years, 10 of which were in Vermont.

Bill Bunker '76 is the director of Northeast operations for Genji, Inc. and Mai Cuisine, where he oversees

60 locations from Maine to New Jersey and a team of seven district managers. He is entering his 36th year in the restaurant, retail, and retail food industry and has served in a variety of roles, from district manager to vice president of operations.

Larry Kontos '77 hosted the 37th annual gathering of Plymouth State musicians, friends, and family at his home in Campton, NH, last September.

1980s

Kimberly (Adams) Duckless '82 shared a photo (*below left*) from the 35th reunion of Chi Alpha Zeta sisters held in Santa Barbara, CA.

Carolyn (Cousins) Krahn '82 and Hans Krahn '79 (*below right*) celebrated their 30th wedding anniversary in fall 2012. They have been living in Freeport, ME, for the past 26 years, where Carolyn is the member services director for the Greater Freeport Chamber of Commerce and Hans is a senior project manager with Environmental Resource Management.

Paul Miller '82 was promoted to executive editor of the Keene (NH) Sentinel daily newspaper, one of the oldest continuously published newspapers in the country. He manages the daily operations of the newsroom and sentinelsource.com, the paper's

online version, and is responsible for the direction, standards, and policies of the news operations, as well as their implementation.

Gary Oswald '84 is the principal at the Mt. Blue Middle School in Farmington, ME.

Carolyn (Edwards) Davis '85 is a learning disabilities specialist at Hampstead (NH) Middle School, working with fifth and sixth graders. Prior to this new position, she served for four years as a paraeducator at the school.

Bernie Cornell Jr. '86 was promoted to captain in the Fire Department of New York.

Scott Tierno '87 completed his doctor of arts degree in leadership from Franklin Pierce University in April 2013, presenting his dissertation "College Union Facilities and Their Perceived Influence on Institutional Retention."

Michael McDevitt '88 is the sporting goods buyer for D&H Distributors in Harrisburg, PA, with the company's newly created sporting goods division.

Elizabeth Smith '89 is a processing specialist at TJ Maxx in Virginia.

Timothy Derby '89 is vice president of sales and marketing at American Surgical Company.



Far left: Chi Alpha Zeta Reunion (l to r) Deborah Bordeau '82, Jane (Grant) Tentas '82, Stephanie (Asphar) Prior '81, Kim (Adams) Duckless '82, Tracy (Harmon) Lake, Beth (Farrand) '82, Susan A. Young, and Joyce (Andrews) Belyea '82.

Left: Carolyn '82 and Hans Krahn '79 with son, Erik, and daughter, Monika, in Big Sky, MT.

STAY CONNECTED!

Your classmates want to know what you've been up to. Send us your personal and professional accomplishments so we can share your news with the alumni community. Submit your update today.

plymouth.edu/alumni/class-notes



Like
facebook.com/plymouthstatealumni



Watch
youtube.com/plymouthstatealumni



Share
instagram.com/plymouthstatealumni



Join
go.plymouth.edu/linkedin

Reaching Out to Alumni and Friends



A business-focused professional networking program, a reception to connect Squam Lakes-area friends with the Museum of the White Mountains and Center for the Environment, a reunion of alumni who lived in one of the first off-campus houses, and an ongoing series of alumni socials: gatherings like these help to build relationships among participants and with the University, engage alumni and friends in the life of the University, and raise awareness about plans for the University's future.

These photos offer a glimpse into recent events organized by the President's Council, the volunteer group that works in concert with the President's Office and University Advancement to secure private support for Plymouth State, with collaboration from members of the Plymouth State Alumni Association Board of Directors.



Top left: Patti-Jeanne (Ryan) '76 and Scott Biederman '75 celebrated during a reunion with alumni who lived at Bradford Manor, an off-campus house. Though the house no longer exists, the memories live on.

Bottom left: Squam Lakes-area friends, Center for the Environment faculty, and Senator Jeannie Forrester at the Squam Reception in July 2013.

Left: John Troy '82, Carrie (Wisinski) Egan '81, and Martha (Messler) Brown '81 at the inaugural Boston Business Form in June 2013. A second successful event was held in September and plans are in the works for future gatherings.



MAKE A PLAN FOR PLYMOUTH STATE

Think beyond your family ... beyond your lifetime ... and consider a planned gift to support Plymouth State University.

The simplest and most popular planned gift is to include a provision for Plymouth State in your will. By leaving a gift—large or small—in your will, your generosity will have an effect far beyond what we can imagine today.

Beyond an outright cash bequest, consider leaving other assets to PSU, such as savings bonds, retirement plan assets, securities, real estate, life insurance death benefits, closely held stock, or tangible personal property.

We understand this is a personal and private matter, but if you're thinking about making a planned gift to Plymouth State, and would be willing to let us know, we'd be delighted to induct you into the Heritage Society, the donor recognition circle honoring those who will support Plymouth State University after their lifetime.

To discuss these options or to inform us of the planned gift you've already made, contact Diane Tiffany '76, donor relations manager, at dtiffany@plymouth.edu or call (603) 535-2592.





STAY CONNECTED—GET INVOLVED

Have you been to an alumni gathering in your area? The PSU Alumni Association has partnered with the Alumni Relations Office to host events in Portland (ME), Portsmouth, Laconia, Meredith, Lebanon, Manchester, Concord (NH), Waltham (MA), Boston, New York City, Norwich (VT), and Baltimore (MD). We hope that one of these locations is close enough that you might venture out and make an evening of networking with alumni, catching up on happenings at your alma mater, and learning about opportunities to get involved.

Most recently, we've collaborated with Boston-area alumni to launch the Plymouth State Boston Business Forum, with two events held so far. If you're a Plymouth State graduate working in business and would like to join the growing Boston Business Forum list, send us a note at alumni@plymouth.edu, and we'll make sure you're included.

In my conversations with alumni, I'm often asked about what happens at these alumni networking events and how people can get involved. Here are some answers to frequently asked questions:

I don't know who's attending the event. Can I bring a friend?

Of course! Call a classmate and use this as a reason to reconnect. Bring a friend, whether they are a Plymouth State graduate or not, and come on out to meet other alumni in your area.

What goes on at these events?

These events focus on bringing alumni together to encourage friendships old and new. They're a way to promote networking opportunities among alumni, share news from campus, and invite alumni to stay connected and involved by advocating for and promoting their alma mater. In addition, we listen to what types of engagement opportunities you want, what you'd like to hear about, and how you'd like to be involved.

Will I be asked to donate money?

While fundraising is a vital way that alumni show their support for Plymouth State, and indeed gifts to The Fund for Plymouth State have a significant impact on the student experience, these regional events are not fundraisers. What we will do is proudly share updates about how gifts from alumni are making a difference on campus and for students.

How do I find out about these events?

Keep your contact information, especially your e-mail address, current with the Alumni Relations Office. If you move, change your e-mail address, or have a new phone number, be sure to share your updated information with us at go.plymouth.edu/alumni-update or call us at (800) 772-7670. We post events on our website (plymouth.edu/alumni), our Facebook page (facebook.com/plymouthstatealumni), include them in *A View from Rounds Tower*, and send event e-invitations to alumni.

—Rodney Ekstrom '09G, Director of Alumni Relations

1990s

Andrew Clark '91 is a research associate at DuPont Pioneer in Colorado. He is responsible for corn hybrid and soybean variety testing activities across the Midwest.

Sandra Caswell '91, '96G earned an EdD from the University of Texas at San Antonio. She has been teaching in Hong Kong for the past five years and is the humanities head of department and Western Association of Schools and Colleges coordinator at the American International School in Kowloon Tong, Kowloon.

Scott Bernier '92 received the Silver Beaver Award from Pine Tree Council, BSA, in June 2012. Pine Tree Council oversees boy scouting in the western third of Maine. The Silver Beaver is an award given to those individuals who implement the scouting program and perform community service through hard work, self-sacrifice, dedication, and many years of service.

Don Danielson '92 is an actor in Los Angeles, CA. He appeared in the 2013 season premiere of *Locked Up Abroad* on the National Geographic channel, portraying John McCain in the Ernie Brace/John McCain Vietnam POW Story.

James "Rick" Greene '92 is the owner and CEO of LIKARR Maintenance Systems in Foxboro, MA. His company, one of the region's largest distributors of facility supplies, was voted number one on the *Boston Business Journal's* "Best Place to Work" in the Massachusetts list.

Thomas Munns '92 was appointed to the Howard County (MD) Library System's Board of Trustees for a five-year term. The Howard County Library System has consistently been recognized as the top library system in Maryland and one of the top five library systems in the US.

Jeff Bourgeois '95 is the site director for ProWorld Volunteers in San Ignacio, Belize. Bourgeois manages staff and operations to create meaningful experiences for American university students who volunteer, intern, or study abroad. He says he knew the position would be a great fit when he learned that his executive director was a fellow Plymouth State alumnus, **Paul Bydalek '85**.

Chris Hamer '95 is the art director for New Hampshire's Smuttynose Brewing Company and its sister company, the Portsmouth Brewery.

Rebecca (Thompson) Bell '95 is the director of skier services at Crested Butte Mountain Resort in Colorado.

Kevin Hastings '99 was promoted to senior IT operations specialist at Travelers Insurance in Hartford, CT.

Daniel Puglisi '99 was named director of project management for Green-Bytes, a Rhode Island-based desktop virtualization technology developer.

2000s

Amy (Zabiegalski) Snyder '00 is a public safety dispatcher with the Lincoln (NH) Police Department.

Arlan Freeman '01 is the assistant baseball coach at Stevens Institute of Technology in Hoboken, NJ.

Jamie Monteiro '01 was named vice president of commercial operations for oil and gas at Clean Harbors, a leading provider of environmental, energy, and industrial services throughout North America.

Kailyn (Patrick) Nadeau '02 is the director and founder of Norfolk Early Learning Center, LLC, an early childhood education center located in Norfolk, CT.

Jason Cordiera '05 joined the Plymouth State faculty as an assistant professor of meteorology with the Department of Atmospheric Science and Chemistry.

Amanda Downing '05, '08G, '10CAGS is the director of adult education at Kearsarge (NH) Regional High School.

Eric Wilson '05 is the owner and founder of Movement Sciences, a personal training studio that focuses on corrective exercise and functional movement. He recently launched the American Center of Corrective Exercise and Personal Training (ACCEPT), a personal training school dedicated to the style of training promoted at Movement Sciences. (see story page 7)

Lauren Boucher '06 is a brand marketing specialist for Lindt & Sprungli in Stratham, NH.

Amanda Dezan '06 was promoted to supervising senior accountant at Nathan Wechsler & Co. in Concord, NH.

NEW ARRIVALS

Steve Maguire '97:
daughter Greta, March 25, 2013

Kevin Hastings '99 and Renee Hastings:
daughter Audrey, November 13, 2012

Kelly (Apt) Hutton '00 and Adam Hutton:
daughter Madison, May 25, 2011

Brad Faria '02:
son Max, July 2013

Michelle (Yoston) Strong '03 and Matt Strong:
son Foster, September 22, 2012

Amanda Bacon '04:
daughter Ella, July 17, 2013

Angelica (Mele) Ladd '05 and **Dan Ladd '05:**
daughter Naomi, July 25, 2013

Elizabeth (Card) Aquizap '08 and Nick Aquizap:
son Oscar, October 26, 2012

Andrea (Thoman) Gill '08 and Christopher Gill:
son Connor, August 18, 2013

Chris Smith '08 and Lauren Smith:
son Landon, October 3, 2012

Gary Colello '10, '13G:
son Myles, February 12, 2013

Greta



Ella



Connor



Naomi



Kyle Itterly '06 (above at Big Sur State Park, CA) is a staff research scientist/NASA contractor at NASA's Langley Research Center. He earned his MS in Atmospheric Sciences and Meteorology from SUNY Albany in 2012, where he received the Winthrop D. Means Award for Excellence in recognition of his effectiveness and dedication in teaching during his graduate assistantship.

Joseph "Joey" Lee '06 received the 2014 New Hampshire Teacher of the Year from the New Hampshire Department of Education. Lee is a Social Studies teacher at Pinkerton Academy. He also coaches golf and boy's hockey and is co-adviser for the China Exchange Program.

Kelli (Bean) Davis '07 is a therapist at Northeast Arc in Danvers, MA.

Jeremy Foscitt '07 returned to the University of Central Florida in Orlando, FL, to open a new housing community of 665 first-year students in the Neptune Community at Academic Village. As the area coordinator for university housing, he is responsible for the complex's daily operations and supervises more than 20 staff.

Jessica Conley '08 is a meteorologist at WABI TV 5 in Bangor, ME.

Christopher DiVeglio '08 is a data analyst/NOAA affiliate with Advance Resource Technologies, Inc. in Silver Spring, MD.

Kara Jalocha '08 serves as the assistant category manager for SalonCentric, a division of L'Oreal.

Natalie (Farres) Kachnowski '08 is a seventh grade English teacher at Cheyenne Mountain Junior High School in Colorado Springs, CO.

Ashley (Hull-Guy) Luurtsema '08, '10G is a practice manager for the dermatology clinic at Dartmouth Hitchcock Medical Center (DHMC) in Lebanon, NH. In September 2012, she married **Christopher Luurtsema '07, '12G**, a financial planner for DHMC.



Kelly Schutt '08G self-published her first book, *School 101: A Manual for Parents for School Survival and Success*, to help parents and children thrive in school. It includes sections on bullying, school safety, and special education.

Katherine Pingree-Shippe '08 began her PhD studies in May 2013 at the University of Victoria, Victoria, British Columbia, studying storminess along Canadian coasts. She is a student with the geography department and the Pacific Climate Impacts Consortium.

Chris Smith '08 is the morning/midday meteorologist at KOLR10 in Springfield, MO.

Catherine Wilson '08 was promoted to asset protection manager at Sam's Club in Fall River, MA.

Shawn Cameron '09 is the assistant athletic trainer for the men's basketball team at Temple University in Philadelphia, PA.

Paula Habel '09G was named as the assistant women's lacrosse coach at Colby College in Waterville, ME.

Kate Levenson '09 is the branch marketing specialist/transaction coordinator with CMG Financial in Tacoma, WA.

Shawn Moseley '09 (top right) is a head teacher at the Harbour School in Hong Kong, where he has taught kindergarten and fourth grade, and started a wrestling club, poetry club, and the school's first student council.

Brian Mahoney '09 was promoted to senior associate in tax services at PricewaterhouseCoopers LLP in Boston, MA.

Mark Murphy '09 was promoted to general manager of Mr. Mac's, a family restaurant in Manchester, NH.

Katie Van Riper '09 moved to Salt Lake City, UT, and is the marketing manager for Snowbird Ski & Summer Resort.

2010s

Alyssa Buckley '10 is the customer experience and communications guru with Nearby Registry, an online gift registry company based in Manchester, NH.

Gary Colello '10, '13G (*below left*) is the recreation director for the town of Bridgton, ME.

Tamara Mann '10, '13G opened the Community Clay Center in Plymouth, NH, with business partners **Michelle Chamberlain '99** and PSU adjunct professor Penny Huynen. The center is located on Tenney Mountain Highway and offers classes for youth and adults, hosts special events, and houses a full gallery.

Douglas Clark '11 is an eighth grade history teacher at Cardigan Mountain School in Canaan, NH. He coaches ski racing, football, and baseball, and is a dorm parent at the school.

Tracey Natoli '11 is an association services representative in the show department of the National Reining Horse Association in Oklahoma City, OK.

Erin Croce '12 is an account executive for the Worcester Sharks, a professional ice hockey team in the American Hockey League.

Lauren Davies '12 is a residential applied behavioral analysis counselor for Melmark New England in Dracut, MA.

Elizabeth Hopkins '12 is a sales assistant at *USA Weekend Magazine* (Gannett) in NYC.

Amanda (Morris) Lacroix '12 is a paraprofessional for SAU 27 in New Hampshire.

Adrienne Pollner '12 joined the Hunterdon (NJ) Medical Center team as a wellness associate at the behavioral health department's self-help center.

Samantha Reuss '12 is an English instructor at Missouri Military Academy.

Amanda Salois '12 (*below right*) is a health and physical education teacher and girl's softball coach at Edmond P. Talbot Middle School in Fall River, MA.

Jessica Trombley '12 is a campus safety officer at Keene State College.

Jacqueline Aiello '13 is a digital imaging specialist at DGI-Invisuals, a large-format digital printer in North Billerica, MA.

Christopher Beadon '13 is pursuing an MBA in marketing at Fairfield University in Connecticut.

Sarah Bender '13 is a seventh grade math teacher at Wendell (ID) Middle School.

NOTES OF APPRECIATION



Kaleb Hart '11 photo.

After more than three decades in the classroom, Professor of Music Robert Swift retired from Plymouth State in January 2013. Swift enriched the lives of thousands of PSU students and local community members with his music appreciation courses and involvement with the Pemigewasset Choral Society.

The **Robert and Margot Swift Endowed Scholarship** has been established to honor and acknowledge the couple's commitment and contributions to the community choir and to Plymouth State.

To make a gift in honor of Robert and Margot Swift, please contact Diane Tiffany at (603) 535-2592 or visit plymouth.edu/give-online and note Swift Endowed Scholarship in the "Your Gift" area.

SOCIAL SHOUT-OUTS!

Professor Swift spoke about his experiences in a Faculty Spotlight video which you can view at go.plymouth.edu/swift. Here's what some of you had to say about the video on Facebook:

This is a great video tribute to Dr. Swift—thanks for posting this. I was fortunate enough to take two semesters of classes with him. He has had a lasting impact on my experience at PSU, and is easily one of the school's best professors.—Michael Pirhalla '12

This is a lovely tribute to Bob Swift, Pemi Choral's recently retired music director. It was a great pleasure to work and sing with him!—Lea Stewart '80

Dr. Swift is one of the biggest reasons why I chose Plymouth State ... his kind heart and wonderful personality are just some of the amazing qualities he possesses. I am forever grateful to have been one of his students!—Pam Prince Pedrick '02



Above: Gary Colello '10, '13G with son Myles and step-daughter Hailey.



Amanda Salois '12 with Pemi the Panther.

IN MEMORIAM

Zanita (Spencer) Collins '29,
September 27, 2013, Rumney, NH

Doris (Gibson) Berry '31,
May 18, 2013, East Ryegate, VT

Norma (Wade) Hancock '36,
September 18, 2013, Woodstock, CT

Grace (Thomas) Uptill '36,
April 20, 2013, Concord, NH

Anna (Lewis) Haynes '43,
June 1, 2013, Washington, PA

Elsie (Railton) Rushton '46,
August 31, 2013, Derry, NH

Barbara (Gove) Pike '46,
June 4, 2013, Warren, NH

Howard Evans '47, May 11, 2013,
Haverhill, NH

Robert Moulton '50, May 21, 2013,
Pittsfield, NH

Ruth Millar '52, '71G,
December 26, 2013, Meredith, NH

Barbara (Young) Ryan '54,
August 27, 2013, Walpole, NH

Majorie Mansur '54, July 1, 2013,
Concord, NH

Pearl (Pantelakos) Collins '55,
May 13, 2013, San Jose, CA

Joann (Parker) Davis '56,
September 8, 2013, Colebrook, NH

Joyce (Philbrick) MacDonald '56,
May 6, 2013, Plymouth, NH

J. Ardell Welch '56, May 27, 2013,
Raymond, NH

Wilfred Betourne '60,
September 20, 2013, Atkinson, NH

Raymond Burton '62,
November 12, 2013, Bath, NH

Timothy Gormley '65, July 6, 2013,
Fort Lauderdale, FL

James Fortune '66, August 12, 2013,
Plymouth, NH

Nancy (Fitzgerald) Brown '70,
June 14, 2013, Okatie, SC

Mary (Walsh) Ruell '70G,
June 21, 2013, Ashland, NH

Denzil Smith '70, '79G,
February 24, 2013, Stephens City, VA

Chester Swiesz '70, July 15, 2013,
Manchester, NH

Phillip Belanger '71, March 11, 2013,
Evening Shade, AR

Linda (Prescott) Davidson '71,
April 4, 2013, Franklin, NH

Jane Cameron '72,
September 4, 2013, Franklin, NH

Daniel Herbert '72, March 28, 2013,
Bedford, NH

George Rennie '72, August 7, 2013,
Henniker, NH

Cynthia (Fox) Blixt '74,
February 24, 2013, Hooksett, NH

Donald Boisvert '74, March 3, 2013,
Bedford, MA

Charles French '76, March 6, 2013,
Plymouth, NH

Margaret Fries '77, August 23, 2013,
Concord, MA

Wendy Pack '77, March 31, 2013,
Atlantic Highlands, NJ

Stephen Knipstein '77, '78G,
August 21, 2013, Campton, NH

James Clark '79, April 11, 2013,
Goffstown, NH

Ann Pittenger '79, May 6, 2013,
Peabody, MA

Doreen Knight '83G,
September 19, 2013, Gilford, NH

Carolyn Wood '83G, April 14, 2013,
Center Tuftonboro, NH

David Dutra '85, August 28, 2013,
Warwick, RI

Chester Scott '87G, October 27, 2012,
Groton, VT

James Eich '89, September 4, 2013,
Stark, NH

Dorothy Kaza '90, '94G, July 1, 2013,
Manchester, NH

Linda Wall '94G, February 25, 2013,
Rutland, VT

Richard Lentz '02, June 4, 2013,
Oakland, NJ

Stephen McDonald '07,
August 6, 2013, Mansfield, MA

Patrice MacNevin '12G,
August 12, 2013, Northwood, NH

Faculty, Staff, and Friends

Deloris "Del" Clark, October 14, 2013,
Holderness, NH

Normand Cote, June 5, 2013,
Plymouth, NH

William Hennessy, September 28, 2013,
Kennebunk, ME

Allen MacNeil, July 12, 2013,
Plymouth, NH

Scott McClenathan, June 2, 2013,
Bridgeport, CT

T. Holmes Moore, August 18, 2013,
New Hampton, NH

Herbert Stover, May 26, 2013,
Meredith, NH

Gregory Weare, August 15, 2013,
Auburn, ME

Craig Zamzow, August 31, 2013,
New Hampton, NH

Randy Zarnowski, April 25, 2013,
Campton, NH

What does *Plymouth Magazine* mean to you?

Since the first issue of *Plymouth Magazine* landed in readers' mailboxes in 1996 (back when it was called *Plymouth State Update*), it has made its way into the hands and hearts of tens of thousands of alumni, students, families, friends, faculty, and staff across the generations and around the world.

The magazine is a link back to campus, a trigger for a memory, an experience, or a relationship. It communicates the University's vision and goals, connects alumni with the University and each other, and showcases the important contributions that our students, faculty, and alumni make in their respective communities.

Two recent notes from alumnae illustrate this.

Madeleine Goebel '34, a Plymouth Normal School graduate who taught in New Hampshire and Massachusetts, wrote: "I very much appreciate your still sending me the *Plymouth Magazine*. I read every word and think you are doing a fine job ... My three years at Plymouth were cost-free except for board because we were in a Depression. Now things are depressed again but our children are borrowing so much money for college that it will take years to pay back. Very sad! I taught forty years and in one more year I will have been retired forty years. I think Plymouth Normal was a great school. I bet you don't get many letters from ninety-nine year old graduates ... Your efforts are appreciated!"

When Bich Tran '08G received the Summer 2013 issue of *Plymouth Magazine* at her home 8,000 miles away in Da Nang City, Vietnam, she was instantly reminded of campus. "All the memories and my experiences as a PSU student come back so clear and warm as soon as I touch it," she says. "I am happy to read the articles and catch up with news and achievements other PSU alumni have gained. I always can go online and read and listen and watch PSU, but the feeling of having the physical magazine in my hand is so amazing."

We'd love to hear from more alumni about what Plymouth Magazine means to you. Send us a note and a photo of you with your copy to alumni@plymouth.edu and we may share your story in an upcoming issue.



Above: Photo of Madeleine Goebel from the 1934 PNS yearbook.

Right: Bich Tran at home in Vietnam, with reminders of Plymouth State.



2013 Athletic Hall of Fame Inductees



Standing, l-r: Russ Massahos '02, Tony Martinez '01, Patrick McNamara '86, and Stephen Colonna '99. Seated: Lilly Silva '06, and Traci Walker Griffith '91.

On October 19, 2013, PSU inducted six new members into its Athletic Hall of Fame. The contingent honored elite Panther student-athletes representing basketball, field hockey, football, ice hockey, skiing, and soccer.

Inductees: **Russ Massahos '02**, former four-year starting running back for the Panthers who was a three-time Freedom Football Conference All-Star and ranks third on PSU's career rushing list; **Tony Martinez '01**, former two-time Little East Conference First Team All-Star power forward for the Panther men's basketball team who ranks fourth on PSU's career scoring list; **Patrick McNamara '86**, former men's skiing All-American who captured national championships in slalom and combined alpine and helped the Panthers to a national team title in 1985; **Stephen Colonna '99**, former four-year veteran defenseman and two-year captain of the Panther men's ice hockey team and a two-time Eastern Collegiate Athletic Association All-Star; **Lilly Silva '06**, former two-time All-New England star for PSU in field hockey who was a Little East Conference Player of the Year and finished her career as PSU's all-time leading scorer; and **Traci Walker Griffith '91**, former Panther women's soccer star who set numerous single-game, season and career scoring records and helped lead the team to four NCAA Tournaments.

For more information about this year's inductees, or to nominate an individual for consideration in 2014, visit athletics.plymouth.edu.

EXCHANGING VOWS

Nathan Allen '98 and Martinique McNichol, October 7, 2012

Amy (Zabiegalski) Snyder '00 and Eric Snyder, August 24, 2013

Stephanie Lord Doyle '03 and Angela Doyle, December 9, 2011

Brandice Bobusia '04 and Brian Chagnon, November 4, 2012

Karen Munz '06, '08G and Kaitlin Jones '09, November 9, 2013

Natalie (Farres) Kachnowski '08 and Clint Kachnowski, September 15, 2012

Ashley (Hull-Guy) Luurtsema '08, '10G and Chris Luurtsema '07, '12G, September 22, 2012

Chris Smith '08 and Lauren Vattelana, October 15, 2011

Erin Granger '09, '11G and Scott Russer '11, August 17, 2013

Emily Burwen '10 and Doug Woodward '10, October 12, 2013

Bryan Tracy '11 and Kristin Blanchette, July 13, 2013

Amanda (Morris) Lacroix '12 and Zachary Lacroix '12, September 29, 2013



2013

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LOST & FOUND

A class ring with a partially engraved signature. A message posted on the Plymouth State University Alumni Association Facebook page. A reunion forty years in the making.

“I think about the ring being underwater that amount of time and then sitting in a box for 30 years. It was a great feeling to see the ring finally home.”

“IN THE SUMMER OF 1973, a friend and I were tossing a football around in knee-high water at Lake Sunapee State Beach,” recalls Randy Hoidahl ’74. “The ring was quite tight on my finger; but when I went to catch a pass, the point of the football hit right at the base of my ring finger, and the ring flew off into the lake.”

Hoidahl was never able to find the ring and eventually resigned himself to ordering a replacement.

Eight years later, an 11-year-old Tim Byrnes and his father, John, had traveled from their home in Keene, NH, to spend the day metal detecting at the same beach. Father and son were about 15 feet offshore when their detector signaled an object. There, in three feet of water and buried under five inches of sand, they found a ring. They brought it home and put it in a box where it sat, forgotten, for 32 years.

Tim Byrnes, now in his forties, and his father had just picked up their metal detecting hobby again when they rediscovered the box containing the Plymouth State class ring. “My dad and I knew that we needed to try and return the ring to its owner,” says Tim. On June 19, 2013—two days before Alumni Reunion Weekend—Tim posted a message on the PSU Alumni Association Facebook page.

All it took was a photo, a few clicks of the mouse, and a phone call to Hoidahl to confirm that it was, in fact, his missing ring.

Exactly forty years after Hoidahl’s ring flew off his finger and into Lake Sunapee, the trio met at the Byrnes’ home where father and son presented Hoidahl with his long-lost class ring.

“I think about the ring being underwater that amount of time and then sitting in a box for 30 years,” says Tim. “It was a great feeling to see the ring finally home.”

Of the entire experience, Hoidahl says, “It was rather strange because it was something that was gone from my life, an experience that I’d forgotten about. I’d bought the substitute ring. That Tim and John found the original ring—and the way in which it was found—it’s just amazing that my ring has finally found its way back to me.”

Coincidentally, Hoidahl will celebrate his 40th class reunion at Alumni Reunion Weekend June 20–22, 2014. “It’s hard to believe that it’s been 40 years. I’m looking forward to coming back.” And will he be wearing his original class ring? “First I’ll have to get it resized,” he says, “It’s been 40 years and my fingers are a little bigger than they used to be!”—*Heidi Pettigrew ’99, ’07G, ’11CAGS*

Right: Randy Hoidahl ’74 (center) showing off his original class ring with its finders, John and Tim Byrnes.

Above: The ring, with a partially visible engraving.





THE POWER OF ONE x 12: MONTHLY GIVING ADDS UP

Class president. Student trustee. Intern at the New Hampshire State House. President-Elect of the PSU Alumni Association. That's an impressive track record for someone who recalls starting his college career as a shy young man, afraid to get involved. "Plymouth State helped me break out of my shell and prepared me to achieve my dream of a career in politics," says Gene Martin '09.

Martin made his first gift to PSU during his senior year. "Our class had life-changing experiences at Plymouth State and we wanted to ensure that future students had that chance too," says Martin. "It made perfect sense to ask our classmates to give \$20.09 to support student scholarships."

Martin continues to support his alma mater, now through the University's new monthly giving program. "It's an affordable way for me to give back. \$10 a month is roughly equal to 4 iced coffees," he notes. "When you break it down like that, you realize you can give a meaningful gift that adds up."

As the first in his family to attend college, Martin believes that all students should have the chance to earn a college degree. "I want to do my part in making sure someone like me can have that same opportunity."

To make your own monthly gift to Plymouth State's Annual Fund, please contact Diane Tiffany '76 at (603) 535-2592 or dtiffany@plymouth.edu.



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