

February 2011

Dear FOOT Leader Alums!

Finally I am getting out the **2010 newsletter!** As I hope most of you know, we have a new and improved process for collecting news. I asked a member of each class to help collect the news, process it, and then send it along to me to compile into one. It has been a great help to me, and it will be a much better system to ensure a sustainable future for the newsletter. So, if you missed sending news this year, don't worry, there is always next!

It was another great year for FOOT. I do have to say, though, it was probably the most challenging in terms of the weather. For some of the 6 day trips, it rained for almost the ENTIRE journey! And then the wind howled as well. Some of our trips in the White Mountains faced gale-strength winds and had to make some adjustments to their routes to get off ridges. I thought for sure all the FOOTie freshmen would never want to go outside again. However, we got rave reviews in the evals (thanks to all the great leaders who managed to keep everyone's spirits up), and we had a record turn-out for our leader applications (which are happening right now). So—go figure!

We also had some wonderful parent gifts this year which has put us in good financial shape. This has allowed us to purchase some more new equipment and to keep providing financial aid. I was also notified that classmates of Jason Karpf had created a scholarship fund in his memory and honor to help current FOOT Leaders at Yale. We also have received some gifts in honor of the memory of Brian Ching.

I have seen or talked to many alums over this year. Some have visited me at our place in Vermont—Perry deValpine, Rebecca Whitney, Paul Sabin. Some have stayed at the Kellert home/hotel in New Haven—Jody Esselstyn, Carrie Coughlin. Some I have had lunch with—Liz Kinsley. Some I have bumped into on the Old Campus—Ivan Kerbel. Some I have seen at reunions—Alistair Reader, Duncan Hinkle, Katherine Rivlin. It is always so great to see everyone.

We had a great FOOT event that I hope becomes a tradition. The FOOT Leader seniors of the Class of 2011 came up to our Vermont home for a weekend of fun and feasting. We went on a great snow hike with lots of laughs and had a great elk dinner prepared by Steve, my husband. After dinner we reminisced about what FOOT meant to all of us which was very moving. As one senior said as he described the weekend to other folks back at Yale: "I was in paradise. I was high up, it was white, and I was with the people I love."



Some other FOOT fun I wanted to share with you is some of the exchanges that happen on the current FOOT Leader listserv. The first is one leader describing his FOOT group for the listserv and the other was some back and forth over the origin of Poohbah (which I would love to figure out which year it showed up to describe our head coordinators).

Best Footies Ever:

Last Wednesday, our FOOTies flew to Argentina, discovered a buried treasure chest off the coast and donated its contents to local alfalfa farmers. For their charity they are being featured on an upcoming National Geographic special. On Friday, they spontaneously broke into the same song. It was pretty impressive considering it was an original song that is now being nominated for a Grammy. Saturday afternoon they challenged a team composed of the top competitors of the other 7 Ivies to a 10-round chess boxing match. They won all 10. On Saturday night they partied safely as a group. Yesterday, one of my Footies cured cancer, and gave my other nine footies credit in her press conference. I should mention that our footies are well adjusted, charismatic considerate people, the kind of people you would want your son or daughter to marry. Also, we have 10 Footies. That's on average 2 more than most FOOT groups. Finally, I apologize for the lateness of this email in responding to the thread. I would have emailed earlier, but Dounia and I have just returned from a 5 day retreat in which our FOOTies built a five-star resort and spa for us out of recycled materials. Enjoy your Monday.

Origin of term Poobah:

- According to Webster's dictionary, the Grand Pooh-Bah is a pompous and self-important person who maintains complete control by occupying several offices at once. .mm yes that sounds about right
- The director of my lab in the Peabody just used "grand poo(h)bah" in a sentence.. IT'S COMING UP EVERYWHEREEEE But where did the "h-" go?
- In doing a reading for class--The Case of the Speluncean Society--a science-fiction piece written as five judges' comments on a tricky legal case that would perplex lawyers and the public today although it takes place in the future, I came across a word that looked strangely familiar. I'm not sure what this sentence means, but I'd like your views on it: "...even my legalistic brother Keen emulated Pooh-Bah in the ancient comedy by stepping to the other side of the stage to address a few remarks to the Executive 'in my capacity as a private citizen.'" I'm pretty sure this means that the term "Pooh-Bah" (note the spelling difference) originated in the year 4300.
- However: Notice that this fine quote refers to the "ancient comedy." Thus, though "legalistic brother Keen" emulates Pooh-Bah in the year 4300, the term "Pooh-Bah" actually dates back to the year 1885, when it was coined in the Gilbert & Sullivan opera *The Mikado*. According to Webster's dictionary, the Grand Pooh-Bah is a pompous and self-important person who maintains complete control by occupying several offices at once. Meaning: Our dear poobahs are, in fact, tyrannical dictators. Meaning: We FOOT leaders are oppressed people.



See FOOT in the Nov/Dec *Yale Alumni Magazine*, pp. 22-23. You can also check out some pictures at www.yalealumnimagazine.com/extras/foot.html!

So on to news of you! And again, thank you to all the class secretaries! My apologies to any editorial errors on my part!

Classes of 1985-87

Jamie and Florence Williams sent in their holiday greetings! They are still alive and well in Boulder, Colorado.



Liz Ablow: Hi All, This pursuit of news has been an interesting process. First it is great to hear directly from FOOTies I have not spoken to in years. That has been a real gift. This is also an odd process...particularly because I have noticed lately that when I receive the Yale Alumnae Magazine and flip to the back to peruse the class news I am amazed at how my class of '87 keeps on moving closer to front of this section. With the task at hand I came to the exceptionally daunting realization that this section will be at the beginning of this Foot newsletter. We make up the graduating classes of '85-'87. And yes I do have some grey hair. I heard back from 50 percent of this group, which is a great response...thank you.

Beth Morrow ('86) lives in Brooklyn, New York, close to Prospect Park but otherwise cut off from the wilderness. She works for The Children's Partnership, doing policy and legal analysis re. Medicaid, health reform, and health information technology. Her family includes: husband Buck McAllister, who works for a family tugboat business that was begun in Brooklyn five generations ago, two years before Moby Dick was written; a son Rowan (age 13) who just spent 8 summer weeks living off the grid in Vermont woods at his beloved camp Flying Cloud, at Farm & Wilderness; and, daughter Janet (age 10) who loves being a city kid.

Nina Kallen '86 I am still living in Boston with my husband Adam Frost ('87) and my daughters Morgan, 9, and Maia, 6. Morgan is a budding environmentalist and has been known to go door to door to ask her neighbors to "save the planet." Maia likes to hike with me, and I'm glad for her company. I am an attorney in solo practice. Generally speaking I am a civil litigator, with specialties in insurance coverage issues and brief-writing for other attorneys. Nina Kallen, the lawyer's lawyer: Specializing in brief-writing for busy attorneys. Boston, Massachusetts (617)363-0547

Dom Femino '87 sends the following note: Thank you for all your good work with FOOT and writing the newsletter. I remember fondly the organizational meetings and the '85 and '86 trips. Currently I live in the suburbs of Los Angeles with my wife, Beth, and two kids, James (8) and Caroline (5). I am busy with my practice of orthopaedic surgery, but we do get outdoors occasionally. This summer we camped and hiked in the San Gabriel Mountains near our home. We hiked in Badlands National Park, and Spearfish Canyon in the Black Hills of South Dakota. Beautiful, unusual topography in that part of the country. Best regards, Dom Femino

Eve Vogel '87 sent the following: My abbreviated news is: let's see - I had a kid on my own in 2004, Ari, now 5.75. I finished my PhD at UO in Dec 2007 and got a job at UMass Amherst in Geography. My research is on the politics/governance/management of rivers, and I've focused mainly on the Columbia. Ari and I moved to Amherst, MA in the summer of 2008. We're still homesick for Oregon and still trying to readjust to being back in the East Coast. Would love to connect with other FOOTies in the Pioneer Valley.

The last person tracked down with the help of Eve is **Matt Etter(son)** '87
Matt sends the following: I'm living in the swamps (sorry! forested wetlands) somewhere north of Duluth, MN. Rumors of my lengthy disappearance have reached me, even here. So here's what I've done since FOOT: Joined Peace Corps (Zaire); worked for Wildlife Conservation Society (Zaire & NY); went to Grad School (UMN, Conservation Biology); got married to Julie Otterson (get it? Etter + Otterson = Etterson!); Worked for the Smithsonian Migratory Bird Center (DC); had two great kids (Abby 12, Zak 8); and now I work for EPA. We ski, canoe the BWCAW, mountain bike, tend our gardens, and birdwatch. I think about FOOT all the time and how lucky I was to stumble into the opportunity. Thanks FOOT!

Now it is my turn to send news from me, **Liz Ablow** '87
I live in Seattle with my husband Dick and our kids Jacob (16) and Sara (14). Being in the midst of teenagers is surprisingly fun. I am amazed at how much their stage of life triggers so many of my own teenage memories. Dick has a South Seattle neighborhood Bakery/Café named Both Ways Café. He has received special acknowledgement for his biscuits, soups and stews. I work for Seattle City Light, which is a publically owned utility, as a fish biologist, where I

have the luxury of biking to work most days and working on two of our local rivers. My job also includes representing City Light as a participant in Seattle's Race and Social Justice Initiative. Now that it is winter we are spending a lot of time skiing. FYI, I am the only Ablow in the telephone book and the only Ablow who works for the City...so if you are in Seattle look me up. Cheers.

Class of 1988

Melissa Balbach. My husband and I moved our business and our 6 YO twins back to Buffalo 2 years ago. It offered a good location for our business and a great and easy quality of living for a family with young kids. The wonderful thing about Buffalo is that you can have the advantages of a city (world-class (yes!)) museums and orchestra) but you can have easy access to the outdoors. We have a great family oriented ski-place only 9 minutes from our house. You can't beat that if you're trying to get young kids to ski. And Lake Erie is only 10 minutes from our office, with a Hamptons quality lifestyle only 20 minute away in Canada. We go fishing in our back yard, and the girls love petting the fish before we throw them back into the pond. One is even insisting on hooking her own worms. You go girl! So things are good here. Our business is a national catalog company which sells products for the visually impaired and hard of hearing. We sell to the federal government, state agencies and individuals. So between the overworked bureaucrats and the cranky seniors, we have lots to keep us busy. We're generally managing to survive the crazy economic times, but looking forward to some boom days! Between a full time plus job and young kids, there isn't much time left for travel or a personal life, but we're trying. The girls like camping and we're hoping to do some more of it this summer.

Diana Selig: "I live in Pasadena, California with my partner Meredith and our two children (our daughter Anya is 5 and our son Jonah is almost 3). I'm still amazed to find myself living in southern California, one of the last places I ever thought I'd end up, but have come to appreciate its charms. I'm an associate professor of history at Claremont McKenna College, where I teach courses on nineteenth and twentieth century U.S. history. I love teaching college students. I recently published a book entitled *Americans All: The Cultural Gifts Movement*, which traces the rise and fall of early efforts at multicultural education. My students take part in Claremont McKenna's outdoor orientation program, which is modeled in part on FOOT-- I feel ancient when I tell them about our efforts to found FOOT so many years ago! I'd welcome hearing from other FOOT alums."

Christine Walravens: "I finally made my way back to my home town of Denver seven years ago. My husband and I have two children, Nick and Natalia, and a very large dog. I am a pediatrician and still get to the mountains on occasion, but not nearly often enough!"

Patrick Whelan: "FOOT still remains in my mind one of the best activities that I have ever been involved with. I am a history teacher at Saint Stephen's Episcopal School in Bradenton, Florida. I now live close to where I was raised in Sarasota, and I get to see my parents quite frequently. My wife Heather and I have been married for 23 years (our wedding was less than two months after graduation). My sons Kyle (17 years old) and John (9) attend the same school where I work. I have a former student who is a FOOT leader herself at Yale."

Roger Wynne: "I am still happily planted in Seattle, where my wife and I have lived for close to two decades now. I still marvel at the alpine terrain we get to play in here, all while living next to salt water. When I am not being a shameless Washington State tourism booster, I have a day job as a land use lawyer for the City of Seattle, which allows me to practice the law I most enjoy for the city I love. Basically, life is good."

Class of 1989

Angela van Haaster Salazar Just wanted to let you know that you did have the correct e-mail address for me (Angela van Haaster Salazar). I don't have time to give a full update yet. I'm a junior high principal and all of my teachers return to work tomorrow. The students come back next Monday. . .very hectic right now. However, I did quickly want to apologize to everyone for missing the 20th reunion last year. My excuse was that my son's Confirmation was the same weekend (which was true), but the real reason was that I was also three months pregnant. At age 42, I didn't want to take any risks. For those of you who don't know, that was my SIXTH baby. Yes, they call me SEXto-mom J. I'll give full details on the upcoming newsletter.

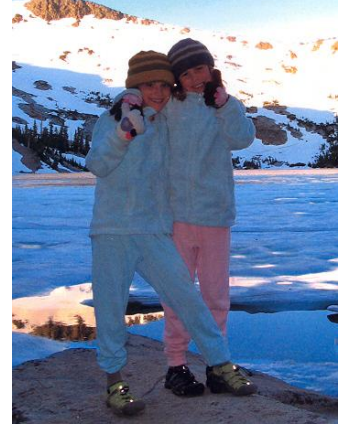
Greg Felt Hello FOOT Folks, It was good to hear from the several of you who wrote. Fascinating how a project like FOOT pulls people together for a short period of life but then connects them in a special way for the rest. Fascinating, as well, the diverse paths that have been taken. Mine has been relatively easy to follow. Having worked on the rivers of the

Colorado Plateau throughout the summers of my Yale years, I simply returned to that after graduation. A few years later, I left my long-time employer to start my own whitewater rafting company, Canyon Marine, based in Salida, CO on the Arkansas River. Nineteen years later I still live in the same house and still ply the same currents, though now as the proprietor of a fly-fishing company (ArkAnglers). My partner and I have two retail shops (his responsibility) and a sizeable guide service (mine). Heading into my twenty-seventh season on the river, I have to wonder where the time has gone. Thankfully, the record shows that quite a bit of it was spent on the water. Another index of time are the offspring. My daughter, Kestrel, is sixteen and in her junior year of high school. She elected to attend a boarding program at Fountain Valley School in Colorado Springs for her high school years. It is about two hours away, so we see her fairly often. Talking with her now about colleges and majors is surreal. So is having a thirteen year old son, Rowen, who is taller, heavier and appreciatively smarter than me. Finishing eighth grade, he too is considering Fountain Valley School and also the Thacher School in Ojai, CA. The prospect of being “empty nesters” next fall is startling, disorienting. As my wife, Susan, and I consider this next stage of life, we have to remember to keep things in perspective. We are still in our mid-forties, after all, but one can’t help but view this change as a symbolic step towards the rest of our years. In addition to my managing and guiding work, I do devote significant time to natural resource issues in Colorado. I recently served on a governor-appointed board charged with facilitating better boater-landowner relations. I also serve on a state outfitter regulatory board and am a director of our regional water conservancy district. These involvements help keep the mind sharp, especially the water-law related work I do with our district. It is complicated stuff, and largely thankless work, but it challenges the intellect in ways that selling fishing trips does not. Perhaps the most significant development for me on the personal side has been a foray into creative writing. I am working on a couple of different projects and that has been both challenging and rewarding. I also write a weekly “fishing report” for our local paper that is much more about the human heart than the behavior of trout. I’ve developed a nice local following, mostly women in late middle age, so I hold out vague hope for a nod from Oprah. Failing that, I will keep pecking away at night and pulling on the oars by day. It’s a pretty good balance all in all. If any of you come to central Colorado, I’ll do my best to take you fishing. But you can be assured of creekside pasture for your camp, cold beer at sunset, and an elk steak and green chile for dinner. Best Regards.

Ann Vileisis I'll take the next turn at typing. It's been really fun to read what others have already shared, and I am grateful for the chance to connect. Even though we rarely see each other, it's great to keep in touch. I look forward to picking up where we left off.... someday! Tim and I are still having a great time together—as we approach the 20-year milestone (egads!). His 20th book was published this year—Rivers of California, a stunning book of his photos plus a great text describing the major challenges that lie ahead. This past year he's been at work on another project—a photo book to document California's melting glaciers. He spent about 3 months climbing mountains like a goat to get the photos, and I joined him for a month. It was challenging but really great to backpack and ski and get out into wild country. As some of you already know, I am now working on a new book about California's abalone. Abalone are big mollusks with fabulous iridescent shells and succulent meat that were once incredibly abundant and popular on the West Coast—but for many reasons, several species are now imperiled. It's an amazing environmental, culinary, cultural history—and so I got sucked into the story. I wasn't sure I'd write another book, but I just got drawn into this—and so far, I've been having a blast learning a lot about an entirely new-to-me ecosystem—the ocean. I did a trip down the coast, which took me out to Channel Islands National Park for the first time. It's an extraordinary place that just happens to be ground zero for abalone. I also continue to lead a parallel life as an environmental activist on the southern Oregon coast. I've been working on things like reducing impacts of a new golf resort right next to a national wildlife refuge, and trying to block gold mining on a national wild and scenic river in a wilderness area. The list goes on. Over the past several years, I've felt quite torn between these two callings—to research and write (a creative and longer term cultural project) or to work on pressing nuts and bolts issues (what is needed here and now to protect our fabulous place). I've wondered if I would be better off focusing on one thing or another; but honestly, I can't really give up either, and so for now my tack is simply to embrace both. Somehow here at age 43, I do feel like there is so much going on-- so many details to cope with—more to do than I can possibly handle-- life too often feels like it is whirring by at a too fast pace. It never used to be like this!!! But all is very good and sweet so we are happy. Although we still travel quite a bit for our work, we still love our little town of Port Orford—we have a big garden that we eat from almost every day and a great 3-mile daily run up to a lovely state park overlooking the ocean, and a great, albeit funky community. SO if you ever make it to our remote corner of the world, we'd love to share it with you. I wish everyone good health, happiness, beauty, joy, delight, and fun in 2011! BIG FOOT HUG P.S. Greg--I was really glad to see your quote in the NYT article about Christo seeking to drape the Arkansas River Canyon:

http://www.nytimes.com/2010/11/26/us/26artist.html?_r=1&scp=1&sq=Felt%20Christo%20Arkansas%20River&st=cse

Frank Levy After 8 or so years living within a day's drive of Ben and Betsey Saylor, and scribbling on a succession of annual holiday cards that "we really need to get together soon," we're finally making it happen in March. Our clan is road tripping up to Spearfish from Des Moines for some skiing and family fun over Spring Break. Those FOOT bonds are stronger than the cord connecting a tent stake to a tarp-corner "goof ball." franklevy@yahoo.com mobile: 515-490-9001. Other news is that Frank enjoyed several wins in the affordable housing part of his business and the company's Rhode Island project came back to life after a dip during the recession. He is preparing to participate in many new developments in 2011! Here are his kids! -->



Kristin Mitchell I didn't get around to a holiday letter this year, so here's a little update from the Last Frontier. I'm still practicing Internal Medicine with a great group of colleagues. Our hospital adopted a hospitalist model this fall, so now I get to focus all my attention on my clinic patients - for 3 weeks of the month, and then devote all my time to the hospital for the final week. It's a little schizophrenic, but I'm adapting.....adaptation happens slower after forty, I'm finding. I've continued to row competitively; I was at Head of the Charles in '08 and '09, and at FISA World Master's this fall. I wish the Alaskan liquid water season was longer, but the skiing has been good this year. On the hiking front: this summer, my kids made it to Vernal Falls, while David and I continued on with a group of friends to summit Half Dome in Yosemite. Phoebe, at five couldn't pass up a boulder without climbing it. She can't wait to return when she has feet big enough for real climbing shoes! (we thought of you , Carrie!) Drake at ten is completely obsessed with Harry Potter - he's had all of us dressing up for movie premieres and any other excuse he can dream up, and he speed reads the books competitively. The kids and I are in the community theater production of Peter Pan this spring. I have a newfound appreciation for stage moms and am actually having a ball channeling Eartha Kitt as the crotchety maid, Liza. If any of you are planning a trip to Alaska, let me know. We have room for guests.

Paul Jahnige Sally (Loomis, '89) and I are having a great summer full of trips. The girls (Sage, 14 and Sierra 12) are awesome backpackers and we just got back from 4 days in the Whites over the Bonds (what views) and three days in the Adirondacks where they bagged off the 17th-20th 4,000 footer. Of course these were all "trail-less peaks" and some were "peakless trails." On our first day in we passed a group of clear Freshmen-to-be from Hamilton. "Freshman Orientation Trip?" I inquire. "Yes! You too?" They ask. How long ago that was. But what great memories. We also did a seven day paddling trip to the Quetico (just north of the Boundary waters) and brought all the kids (including Skye, 4). What a beautiful place. Friend me on Facebook to see pics. Friend me anyway. Last winter ran in to Toby K, skiing up at Berkshire East in Western Mass. Looking forward to seeing and hearing about y'all's families soon.

Gillien Todd sends her best wishes and holiday greetings from Cambridge, Massachusetts. Here is a photo of her 3 kids! →



Ben and Betsy Saylor sent in some news: Ben got a new job doing pretty much the same old stuff! Betsy barely survived the clinic's transition to electronic medical records. Jay is 9 and Will is 7. The family skied, kicked, ran, hiked and biked—all in Spearfish, South Dakota!

Trex Proffitt The Proffitts are on pins and needles as Trex awaits the big tenure decision this year. It could affect a lot of things, such as whether to stupid, he can be heard he reject it if he gets it? Plan exchange and local currency living economies and buy a squash club and start proprietor, not the hired through L, so no worries scenario is the one he family would have to live rooms and microwave, to call organizational can't be torn away from her new iPhone and uses it for everything, and accordingly keeps organizing lots of annoying book club experiences. Let's just say everything is very carefully researched using the device. Our closet got organized. It's working out well in the sense that funny alarms go off all day and night to remind us of various important "next steps" such as brushing teeth, feeding the animals, going to school, and so forth. Catherine (11) plays trumpet, especially if you ask her not to, and a highlight of the year was listening to her perform with the regional honors band. Lauren (9) has picked up clarinet, but is really just practicing up for oboe, she says. Ingrate. Lauren earned some rats this year, so the house is getting more furry every year. There was this brief moment over the holidays where we amateur musicians all could actually play something together. I just strummed the guitar and couldn't tell if it matched or not. Noisy, but fun. Edward (7) is the easiest kid in group but he likes video games a little too much. They teach resilience, I'm told. As a bedtime story, I just told him the plot of Alien and he loved it. He went and told his mom right away he was so excited and I will be sleeping on the couch for the next week.



Class of 1990

From **Kashka Kubzdela**: We live in northern Virginia and try to figure out how to turn our 0.47 acre of lawn into an edible forest. I continue to work for the National Center for Education Statistics, in the U.S. Department of Education, while Nicola keeps growing and making life ever more enjoyable. She is halfway through the 7th grade now and keeps us busy with ballet, our two science competitions. We got summer with friends and loved palette of wildflowers, the good food of the High Sierra great company of friends. We DC area with our new four-competitions and ballet over the cold. We love hearing and seeing everyone's family, Kubzdela 2721 Clarkes 758-0032



From **Michael Kahan**: Everything here is great. I'm teaching history and urban studies at Stanford, where Gabriella teaches Russian literature. Kids, Eva (13) and Frieda (9) are growing unbelievably quickly--this fall was heavily focused on Eva's bat mitzvah, so she is now officially an adult! One highlight of the last year was a 5-week road trip in a borrowed VW camper that took us from the Bay Area to Sacramento (where we saw Emel Gokyigit FOOT '91 and family, photo #1) up to Seattle and the Olympic Peninsula, to Yellowstone (photo #2) and the Tetons, then to my inlaws in



Boulder and home again via Southern Utah (including a somewhat extended stay in the lovely town of Loa, UT where we had a little work done on the abovementioned camper).



Tom Beierle: [tom.beierle@ross-](mailto:tom.beierle@ross-associates.com) to Seattle in 2004 after being in Philadelphia for about ten years. I'm environmental consulting firm out here, being back in the other Washington. My daughters, ages 11 and 8. We live in the urban farm of chickens, dairy goats, and to FOOT folks, the goats are good hikers!



[assoc.com](http://ross-associates.com)): We moved back Washington, DC and working for a small but most of my work ends up wife and I have two city and have a backyard honey bees. Of most interest

Eve Porter-Zuckerman: I've 4 years now, and my husband our rural life skills here. We 15. They're pictured here in snow. We're gathered in a part we're building a garden and absurdly young apple tree in the vegetables and my wonderful from it, even including a tossed in is from when we were and planting garlic) I'm still firm in Boson that finds leaders healthcare organizations and just recently tried skijoring on a nearby lake with my big dogs - post-effort photo of frolicking dogs included, too.



lived in rural New Hampshire around and I have been gradually developing have 4 dogs ranging in age from 2 to pretty typical form after a recent of our land that we've cleared, where planting a little orchard (there's an photo). We grew a great variety of cook/baker husband kept us well fed Thanksgiving salad! (the photo I prepping the garden for the winter working for an executive recruiting for nonprofits, universities, other mission-driven organizations. I

Class of 1991

Baker Mallory writes, "2010 has been a joy, (amazing how watching your kids grow can make all problems disappear). Gus turned 4 and Brad and Rose turned 2 and the adventures have been non-stop. To think walking started for the twins on the same day in January of this year and now singing songs, jumping off every item of furniture, and amazing independence, detailed in full sentences, finishes up the year. On a less interesting and somewhat sad note, our stay in Vermont came to an end as we couldn't weather the recession there any longer and moved to a more viable work location in CT this July. Moving with 3 toddlers was what we hoped to avoid by moving 2 years ago TO VERMONT! Oh well, "craziness" is my middle name now so the move felt...pretty much like any other day...week...month in my life.

Our architecture and landscape design/build work has picked up immeasurably so all is looking good. In landscaping Jody and I continue to design and build everything from simple gardens to large residential site planning, full construction of all outdoor elements and ongoing maintenance. In architecture I stick to small residential work. We push a green agenda, work at a local organic farm, encourage sustainable and permaculture design elements and even promote the new Passiv Haus construction standards gaining acceptance in Europe for unprecedented energy efficiency. It's tough to get homeowners to bite on new practices especially in these times. We've actually made more inroads through landscaping – more vegetable gardens, meadows, and sustainable maintenance practices.

--I spent a day working with Yale freshman last August who were part of the organic farming freshman orientation program? I guess it was the FOOT equivalent in organic farming. It was actually the "support crew" of their program. They were heading off to various organic farms to meet the freshman teams who were working around the area. This was in Wilton, CT, near where we know live, at Millstone Farm, where Jody and I work part time from April to November.

One of the women had done FOOT so we had fun catching up. I can't believe it has been 20 years for me since those days, is that really possible!! Best Wishes to FOOT Baker

Cameron Brooks writes, "I live in Boulder with my wife and two kids (Amaya, 7, and Malachi, 4). I work on smart grid policy for Tendril, a start up based here."

Andrew Smith writes, "The short update on me is that I'm an anesthesiologist now in Bellevue, WA. I've got two energetic boys, ages 4 & 6, and a wife who loves - but doesn't get enough chances - to backpack. We just finished building a modern dream house overlooking Seattle and the Olympic mountains. While I still love hiking, I've gotten into windsurfing in the Gorge over the past decade, which competes for time on the trail. We're just starting to get back into hiking after taking a few years off with small children; my most recent trip was a four-day trip on the PCT in Washington to the Goat Rocks Wilderness with some friends from high school. Hard to believe our 20th reunion is already upon us at the end of this school year. We're considering coming out, and we hope to see all our classmates then. "

Ben Doolittle writes, "Ben Doolittle and his band of mermaids are well (Ellie is 8. Evie is 4). We recently got a dog named "Cootie P'tootie", which Dad renamed, "Marshmallow the Pooper" for reasons that can't be discussed in this letter. The Doo-tribe is still based around New Haven. Ben is on the faculty of the med school. Christine, Ben's Bride, is a family doc at student health. Ben continues to be a fan of hummous, but has outsourced it's production. All the best."

Josh Barken writes, "I am in Rome now for a month, finishing a new book. Just came back from hiking in the high atlas mountains of Morocco. Feel free for anyone to contact me if they need the name of a good guide there."



Chris Roberts writes, "We're coming up on our fifth year in Philadelphia. We came here from London so I could teach in the ethics program at Villanova. We've got two daughters (Martha, born 8/05, and Ruth, born 6/08) and another child due in January. (see photo!) All are happy and delightful, although Martha has Aspergers Syndrome, a mild version of autism. I've not been teaching this last year so I can stay at home to help Hannah take care of Ruth and run Martha's therapy program. All going well, but not entirely sure what the future holds!"



Tali (Zulman) Ziv writes, "I'm back in Berkeley, CA with my husband Elad and 2 girls, Orli and Maayan, now teen and tween, quite amazing. We returned last Aug from a sabbatical year in Tel Aviv, Israel, which was a full year, punctuated by time with extended family there, immersion in local school, new friends, and lots of travel-- up and down the country of Israel, an unforgettable trip to Jordan/Petra specifically, and a hop over to Italy and Switzerland, where we visited Danielle Berger and beautiful family. After a year filled w/ ice cream and new experiences, we're back to a more quiet life in Berkeley. Our girls keep us busy-- Maayan with cello and art, and Orli w/ musical theatre and social butterfly life. Just returned from a camping trip in Tuolumne Meadows (Yosemite). Highlight was an afternoon hike near Saddlebag Lake. During our hike we ran into Yen-Yen Chan '94, former FOOT leader and now park ranger in Tuolumne Meadows. She's been at Tuolumne for the past several summers. Her eye caught Orli's YALE sweatshirt. We had a good conversation w/ her though and I hope we cross paths again! Fond memories of time w/ all of you.

Eric Steadman writes, "We are thoroughly enjoying our mild winter up here in Bangor this year. Much less snow than the past two years, and temperatures. (However, as I moved in, and the next few days comments on the temperature or Valentine's card this year. No, of our favorite things. The kids continues to play the violin. two years left Bangor in immediately picked up working



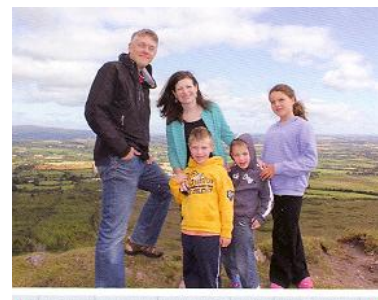
significantly warmer write this an arctic front has should be rather chilly.) So no our heating system on our just music, food, and love, a few are indeed into music. Sonia Sadly, her wonderful teacher of September. But happily, she with a brilliant teacher from

Russia, and she is even using an old Russian violin primer scattered with Slavic folk melodies. You can imagine how pleased Rita is. Cuthbert, too, started violin over the year, studying at their Montessori school. He also loves to play his child's guitar and percussion. The other day the kids were performing for some visitors to our house, and Cuthbert stage-whispered to Eric, "Daddy, can I play 'I Wanna Be Sedated'?" (Special thanks to our friend Victoria Sams for introducing the Ramones to the next generation.) Eric has also made it a priority to get the guitar fingers back in shape. He's been playing duets with the kids, but he is at last carving out time for his own playing. Rita has revived her interest in painting during the year. Rita's mother kindly gave her a gift of urban landscape painting lessons from a local artist, and the final project was Rita's first painting since Sonia was born. We had a steady stream of visitors once again, particularly a Christmas extravaganza that justified this enormous Maine house that we bought. Rita's brother Nathan, Eric's parents, and Eric's aunt all stayed for about a week through Christmas and New Year's. The house was like an enormous sponge that just absorbed the visitors without feeling cramped at all. (We hope that the visitors agree!) We also finished re-painting and restoring two more rooms, so it is easier now to host company. One of those rooms was our front parlor, where we held our inaugural musical "salon"—we hope the first of many. Many piano, guitar, violin, and dance performances by members of the Christmas family gathering. The year brought us a visit from Rita's cousin Karen and her family, when we explored Acadia National park for three straight days, including a morning on a lobster boat and a horse-drawn wagon ride over the old Rockefeller trails. We hope that the June cold and rain did not discourage future visits! Our family trips last year included our annual trip to California, where we celebrated Valentine's Day with Rita's mother Polly and California grandparents and returned for our second Disneyland visit. This time we avoided Mr. Toad's Wild Ride, which scared the daylights out of Sonia when she was three. We also trekked by car to North Carolina for a terrific week with Rita's Virginia grandparents and many members of the extended Henninger family. On the way down to North Carolina we stopped at Polly's Cambridge apartment to celebrate Cuthbert's birthday with Nathan and Rita's cousin Mufridah. And while traveling both up and down the coast we picked random churches for Sunday services, and strangely enough they all were led by friends of Rita's from seminary. Back here in Bangor, we continue to build our community. Rita is in her third year as rector of St. John's, Eric still takes care of the house and kids, and Sonia and Cuthbert are both still at Bangor Montessori. The church celebrated its 175th anniversary as a worshipping community last year, which was a festive occasion, with a community wide "high tea", the unfurling of an enormous banner from the tower, and a city proclamation read by the mayor. During the year the church also co-hosted two wonderful community events, a gospel music concert and an outstanding production of "Amahl & the Night Visitors", that raised money for youth mission trips. And the church also helped organize a Martin Luther King service a few weeks ago, where Senator Susan Collins, a Bangor resident, was the keynote speaker. During the reception Eric was searching and searching for Sonia, finally finding her in the corner hobnobbing with Senator Collins. One of the big events of the year was Rita's 40th birthday. We had a delicious luncheon down in Acadia National Park with Eric's aunt, Rita's mother, and about eight of our new Bangor friends and their children. Having such a friendly community was a real sign of the times—we are settling in and celebrating life's events with a whole new group of wonderful people. It definitely helps us feel at home up here. On that note, we wish you and your family a happy community in 2010. Please stay in touch, by phone, mail, e-mail, Facebook, or what have you. Passionate music, delicious food, and lots of love be yours. Play on!

Kate Hackett writes: "Life has been a little topsy turvy over the last 3 months here are a few highlights: 1. Unexpected knee surgery – just got Doc's approval to run again last week...YEAH. 2. May need to enroll the kids into a new school system even though we picked our house to feed into the 2nd best elementary school system in the state. Ha! Not sure how that will resolve. 3. Four days in Cape May, NJ with my hubby WITHOUT kids. Heaven! 4. Kent going for tenure. 5. Uh oh, the basement flooded! Besides all that we're looking forward to breaking out the antique apple cider press this weekend.

Danielle Lapidoth All continues well in Zurich. I reduced to 35% in admissions at a nearby international school after a year of 60% doing admissions and teaching (total insanity). Mike, Mimi and Sam are now 7, 6 and 4, and by next August they will probably all be in the same (public) school, which will make things easier logistically. With my newfound free time I have finally finished a children's book, **The True Story of Minimus: The Gosling Who Could Not Fly**, and am currently seeking an agent and/or publisher. Any and all tips are of course appreciated. Amos continues to be very happy at the ETH and though we have been doing a fair bit of travel, most of it has been in Europe. I have not been back to the States since 2006, which kind of boggles the mind. I guess it is time for a FOOT reunion in the Alps...

Karen O'Brien Cilla and Karen met up at a Yale Women's Conference last spring. It was fun to see a familiar face in the crowd. Karen is still doctoring and living in Melrose, Massachusetts.



Class of 1992

Louisa Castrodale is still in Anchorage, AK working for the health department, living life with husb, Mike Zieserl, kids Sam (5-ish) and Anna (2-ish), and Jorge the elderly and ornery cat.
Sam and Anna Zieserl



Matt Eddy moved with his wife Sarah Pelmas to Washington DC, where he is enjoying a year of blissful idleness and looking for work in science education leadership. Owen (age 3) is excited in anticipation of the arrival of our "player to be named later," expected in late April.

Matt and Owen



Cynthia Boyd and family are living in Towson, MD. They have 2 boys Graham (6) and Liam (4) who are delightful and energetic. Graham started first grade this fall and loves riding the bus and everything about school. Liam adores his big brother but is happily now one of the big kids at preschool. Cynthia works in the Division of Geriatric Medicine and Gerontology at Hopkins and does clinical and public health research on the optimal care of people with multiple chronic conditions. Her husband, Greg, is an HIV clinical researcher at Hopkins. We spent a lot of time this summer wading and seining at low tide looking for all sorts of creatures and looking under rocks and trying to catch fish in streams. I'm looking forward to hearing what everyone is up too! We adore Peter Ackerman's new book.



Boyd boys

Jake Bowers is living in Urbana, IL and working at the University of Illinois (<http://jakebowers.org>). I am very lucky that my partner and co-parent (of a 4 year old and 11 month old) is also my co-author and colleague in the political science department here (<http://carawong.org>). The Urbana-Champaign urb springs up from prairie farmland as you drive west from Indianapolis. You can see hints of the university as you drive on I-74 through the north edge of the towns. Signs for the University Stadium (and Sam's Club) fade away behind you as you continue west and south toward St. Louis. We have one hill for sledding built by the city. You can't see the hill from the highway. If you are interested in baby pictures see: <http://gallery.mac.com/jakebowers#100540>

Peter Ackerman lives in New York with his wife Clea Lewis, and kids Stanley and Alvin, 9 and 6. He is still writing movies plays and books. His picture book THE LONELY PHONE BOOTH just came last Fall (the perfect gift for all occasions!), and he is currently working on an animated movie. **Peter Ackerman** I'm changing e-mail accounts so please delete this aol one from your records and use my new one from now on: peteyackerman@gmail.com Peter Ackerman ('92), who co-wrote the movies, *Ice Age* and *Ice Age 3*, has written a children's book called *The Lonely Phone Booth*, which is now available in stores and on Amazon. It is about the last remaining phone booth in New York City and has been amazingly illustrated by Argentinian illustrator, Max Dalton. A perfect gift for all ages! "There's even a website with super-adorable Lonely Phone Booth accessories (satchels, shirts, clocks, bibs, mugs, etc...). Just go to <http://www.cafepress.com/TheLonelyPhoneBoothShop>

I think of Foot so fondly. I now have an 8 and 5 year old, Stanley and Alvin, who may one day enjoy it as much as I did. All my best, Peter. Peter recently heard from Perry deValpine, Cynthia Boyd, a medical prof at Johns Hopkins, and Louisa Castrodale, who lives in Alaska near Laura Grant!

Paul Sabin is still a history professor at Yale. He and his family came to Cilla's place in Vermont while on their own vacation!



Class of 1993

Seth C. Hawkins: I continue to chase the wilderness medicine dream -- running our regional wilderness medicine non-profit and serving as the physician for a number of outdoor, experiential education and wilderness rescue organizations. When I'm forced inside, I serve as the chair for our emergency department here in the Carolina mountains. More importantly, Kelly and I have three wonderful boys and we have had a blast introducing them to outdoor adventures, most recently in the Needles and Badlands of the Dakotas and on the Carolina coast. Actually, in a funny coincidence, I was just talking up FOOT in New Haven last night. I flew up to give a talk at Manuscript (one of the senior societies) on wilderness medicine. I talked a lot about my FOOT experience and how much it shaped my current career. There were no FOOT leaders in the group, but 3 of the seniors had done FOOT in their first year and were very enthusiastic about their experience. I may do a Master's Tea next year at Ezra Stiles on the same topic. Just wanted you to know I continue to wave the FOOT banner every chance I get...!

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Rachelle and Burch LaPrade: Burch and I remain in Des Moines, Iowa where Burch runs a small photography business and I have recently returned to veterinary work, opening my own ambulatory equine practice. Our four kids -- Abbott (11 1/2), Forrest (9 1/2), Beckett (7), and Kendrick (4 1/2) -- continue to thrive and grow, although I beg them to stop growing up! Burch and the three boys make a semi-annual canoe camping trip to the boundary waters at the Minnesota-Canadian border which they have loved and Beckett was thrilled to join them finally last summer. From Burch: Des Moines being the small town that it is, Rachelle just got finished coaching her last soccer practice of the season for her soccer team with Kendrick (our youngest) and Charlie Lozier (John and Nicole's son). Rachelle's team, the Lima Beans, plays in the Kiddie division (for 4 year olds) which is run by Frank Levy. (I help him out a bit: I roped him in a few years back when his daughter, Mia, was in that age group). It is a lot of fun to know people with a few different contexts. School is almost out, the weather is nice, and life, while generally chaotic, is really good. Hope all is going well for you as well. Burch LaPrade



Jessica Plumb: A decade ago I landed in the Pacific Northwest, on a bit of a whim, with my husband (then boyfriend) Frank Magill. A two-year commitment grew to ten, as we fell in love with this part of the world. We landed in a beautiful little town, Port Townsend, and built a life here: got married, bought a small house with big views, and had a daughter named Zia, now four. I got an MFA and started a video production business, and Frank practices primary care at a local clinic. (though it didn't all happen in that order...) Olympic National Park is our backyard, a glorious playground, close enough to hike peaks after brunch. Honestly, I never expected to land in a small town, particularly on the way home from Beijing. That said: Port Townsend is an unusual small town. It's a liberal oasis, an artsy place full of eccentric urban refugees and ecotopians, set against a backdrop of rural struggles - ground zero during the spotted owl debate. Where else can you walk to the center of town on trails, buy fresh wild salmon off a bike trailer, and catch a great film festival? I get to Seattle often to feed my creative interests & work life, which ranges from gallery installation pieces to documentary shorts. We may be transplants here, but our daughter is a rugged wildflower, a creature of this environment. We've hiked with her since she was an infant, and this summer she logged close to thirty miles on her own steam in the North Cascades. She lobbied for her first pair of snowshoes at two and a half, and we've been in the mountains year-round since then. There are trade-offs to stepping off a more traditional track, to be sure, most notably the distance from East Coast family and friends. The siren song of grandparents may pull us back eventually, but the Northwest has been good to us in many ways, and we are grateful! If you're in the area, give a holler. We'll take you hiking.

Perry deValpine Perry and wife Rebecca Whitney came to Cilla's place in Vermont last August while at a Mountain School Reunion. We had a great time swimming and having a picnic on top of the hill overlooking the Green Mountains. They brought their two kids! They are still living in Berkeley, CA.



Emily Swanson Guimaraes EGUIMARAES@PARTNERS.ORG:

All is well here in Boston: our second boy, Carl, was born in October and I am preparing to return to practicing anesthesia at Mass General in the spring. Our cup runneth over...

Class of 1994

Ben Strauss: On May 3, my wife Danna and I became parents when our son Noah entered the world. He has been a miraculously cheerful baby so far, and we find ourselves falling more in love with him every day. Though a Manhattan baby, he seems to be transfixed by trees and leaves. A few weeks after he was born, Climate Central's board of directors named me acting director of CC, the science-and-journalism nonprofit where I work. So May was the month of new responsibility. While this timing wasn't great, especially when you factor in the 4.5 hr round trip commute between my NYC apartment and my Princeton office, I've been learning a lot in this role. Look for big new science results, web interactives and stories from us in the coming year about sea level rise in your town and "climate change in your backyard," or very high resolution history and projections of temperature and more. All best to my old FOOTie friends! Boppity-bop-bop-best, Ben

Many commented on **Tom Perriello** and how it was disappointing he'd lost re-election. This from Ben Strauss: It was quite a close race considering his district, his voting record, and the resources arrayed against him -- a great testament to his organizing and gumption. And this from Charlie Hale: seems like he did what he thought was right instead of playing politics. And this from Elizabeth Murdock: Yes, it was a real tragedy that Tom lost--and for the very reason Charlie states. He definitely ran a great campaign, and he can, without question, credit his FOOT training--particularly his inaugural trip sophomore year, when his co-leader forced him to carry ALL OF HER GEAR for the entire week, drink the cold, slimy dish water from her oatmeal bowl each morning, and transport two bags of beetles back to the Yale Forestry School--on his lap, for the entire bus ride!

Julie Püttgen: Shenanigans from me? I'm on sabbatical this year from my TN job as an art professor, which has meant a lot of painting & travel. This summer I went to Dharamsala in northern India to study Tibetan painting for 2 months (during the monsoon! there is no hype around the monsoon - everything you have ever heard about its mythic downpours is true!) And then to Bhutan, to roam about with my Mom and look at more paintings & mountains & monasteries. We were semi-threatened by a loner yak one time, but otherwise enjoyed every minute of that incredibly beautiful & seemingly well-governed place. Now I'm back in NH, where my husband teaches philosophy at Dartmouth. It's wonderful up here, though it seems like the sun only shines 45mins/day this time of year. We are enjoying living in the same place for a change (& I am fomenting plans to make this a more permanent feature of our lives.) You can see my paintings/projects/drawings/green goddess here: www.turtlenosedsnake.com How has FOOT formed me? One response is: I'm still roaming the mountains of this world with glad abandon. Another is: I typically carry as little as possible on these expeditions - ponies do it for me, or I stay in little huts along the way. Since the end of my FOOT days, I have never carried a rotten eggplant into the wilderness. Ever. Or drunk the dishwater, though that surely is a noble thing to do. Can't wait to hear back from all of you! A better email is mustaphaputtgen@gmail.com All the best, Julie

Ben Madley: Barbara, Jacob, Eleanor, and I are now living in the beautiful Upper Connecticut River Valley village of Norwich, Vermont. We've been here just a few months but have already been blessed with visits from fellow Yalies Mark and **Katherine Barnett** and their children, Paul Sabin and his boys, Perry DeValpine and Rebecca Whitney and their children, and Matt Eddy and Sarah Pelmas and their son. Meanwhile, I've been teaching Native American History at Dartmouth as a Mellon Postdoctoral Fellow.

Kathy Wilder Guraini: All good news to report here. I married Michael Guarini (SM '94) in 1999 and we just had our 3rd child in August. Our oldest Emma is 8 years old and in 3rd grade; our second Matthew is 5 and in kindergarten; our

third Tyler is 3 months old and is a charmer. We live in Westchester, New York. I've been working at IBM for 11 years now, first in Research and more recently as a manager in IBM's Server Development organization. I'm enjoying some time off this year with the new baby. Michael teaches high school social studies in Katonah, New York. FOOT was a great time. I have to say that I haven't done much camping since...though our big kids like to trek up our local "Turkey Mountain" (a glorified hill)....and I recently started a Girl Scout Brownies troop with my daughter, which promises (threatens?) a daunting camping experience with a group of 8-year-old girls. I'd love to hear what others are up to. Best to you all! Regards, Kathy Wilder Guarini

Carrie Patterson: Living in LA for 10 years now; hiking or biking/mountain biking several times a week. I can't believe LA doesn't have more of a reputation for such (relatively) easy access to trails and open space. I'm an artist, focusing primarily on issues of embodiment, which is definitely connected to activities like FOOT (and Hegel - "being in the world" - too much for an email). Most recently I've been investigating aerospace and issues pertaining to travel/study of outer space. Has everyone seen my current obsession - Battlestar Galactica?? Now *that* gives a certain perspective to discomforts of camping! Think about your worst, most claustrophobic lean-to experience and then consider a three year round-trip to Mars... I'm also teaching at Cal State Fullerton (writing, art), contributing to various art and culture publications, working on a book with my dad, and enjoying life. Just got engaged to a performance artist/sculptor and we are living in a studio compound with lots of power tools. Hmmm. That's enough of a descriptor about what I'm up to I think. Last note: I just spent some time in September with my great FOOT friend Khadijah Fancy (Tita) in Bristol, UK. I met her on FOOT freshman year and the ties that bind have never broken. Best wishes to you all. Carrie

ps. Thanks Julie - it was your email and amazing trip description that finally got me to stop procrastinating and write something. It's been really nice to hear from everyone.

Anne Weil: Hey all, Meg thanks for getting the catch-up email going! It's great to hear what people are up to. I am doing well and loving living in Boulder CO. I believe I have FOOT to thank for so much of what my life is like today - in particular where I live. I was telling someone about FOOT the other day and what it meant to me and was surprised to find myself tearing up - its still such a powerful and emotional collection of memories. Carrying everything on your back, being completely self-sufficient, waking up at dawn to watch the sun rise over the Catskills (thank you Eric!), going skinny-dipping! These were intense new experiences for me that made an indelible impression. The FOOT experience led to many wonderful backpacking experiences including many trips with friends, my job in Yosemite, and then leading trips for Wilderness Ventures in Jackson WY. Its the memories of those western trips and FOOT that didn't leave me long for New York City and pushed me out west. Here I live with my Yalie Hubby and three gorgeous, fun-loving, and adventurous kids (who actually don't think twice about watching the sun rise, carrying everything on their back or the magic of a mountain vista - hmmm, - in providing those experiences to them regularly - do I take away their value?) I do commercial real estate work for my old group from New York but have taken on new things as well including writing school age curricula about environmental issues (water quality, transportation, etc) for the City of Boulder and for Dallas Area Rapid Transit and about taking care of your body and our planet for a PBS television show called Big Green Rabbit. I am thrilled to be in a place where hiking, backpacking, camping, snowshoeing, x-country and downhill skiing are all just a part of the fabric of everyday life. I feel so very lucky. Happy Holidays to everyone! Anne



Esther Sullivan: a synopsis of her post-college life: After a brief stint in the oilfields of western Oklahoma (where there was a disturbing lack of trees and females), I moved to East Tennessee to try my hand at environmental consulting in the "Secret City" of Oak Ridge. Though I only intended to stay here a year or so, I ended up marrying a Kingston, TN native (Brad Parish) who has deep roots. We have been blessed with a 7-year-old boy (Levi) and 5-year-old girl (Avery) who keep us both busy and amused. I currently work part-time as a environmental research scientist for the Oak Ridge National Laboratory (ORNL) where I tackle projects related to biofuels and climate change. I conduct many volunteer interviews for Yale College and always tell prospective frosh to check out FOOT if they are admitted. Though I only got

to experience FOOT by co-leading a trip during my senior year, I always imagine how wonderful it would have been to start off college with such a great group of friends. Thanks, Esther (Sullivan) Parish, JE 1994



And from Me, **Meg Wickwire**: I'm still working from home as a tutor, which nets me about half my former teaching salary in about a quarter of the time. A nice deal, but I'm itching to get back to a real paycheck soon. My son, Penn, is 4, and his humor and curiosity enliven every day. I took him backpacking in Vermont last summer—a two-nighter to celebrate my being done with chemo. (Needless to say, last year wasn't my favorite in a lot of ways; I thought often of classmates who have devoted their professional lives to figuring out better ways to fight and treat cancer. Thank you!!!!) Moving heavily through the woods, watching stars with my sleeping son cocooned beside me, fending off freakishly aggressive mice, and sharing all the fun and inconvenience of backpacking with less experienced companions was pure joy. Imagine the memories it brought back! May you all find such moments in your upcoming year, too. Happy trails!

Jay Readey In these times, during the worst recession any of us has known in our lifetimes, NeighborScapes continues to provide leadership to help our young people through tough times. From simple opportunities, like the camping trip we are planning for September 18, to advocacy positions, NeighborScapes is working to be on the front lines for youth. Please read "The Tyranny of the Couch" at <http://www.southtownstar.com/news/opinion/guests/2679966,090710guest.article>. Let me know your thoughts at jreadey@neighborscapes.org.

Youth Jobs: The Tyranny of the Couch The Op-Ed piece is at <http://www.southtownstar.com/news/opinion/guests/2679966,090710guest.article> Visit the NeighborScapes Website

We hope you have had a wonderful Independence Day weekend. We have enjoyed a necessary break after an intense month of building the organization and launching our summer camp program. At this time every year, we reflect on our quest to build a replicable program for children and youth across this great nation. NeighborScapes was started two years ago based on the belief that the most serious weaknesses in the ideals of freedom and equality in America are the disparities neighborhoods and communities experience in opportunities for young people. In the midst of an economy that has shrunk all efforts to expand opportunity, and in communities in Chicago's south suburbs that have been hit particularly hard by the Recession, we have built an organization that puts children and youth first, and we seek to take our model nationwide. In recent months, we have been blessed with the energy of Esther Massie as NeighborScapes' executive director, and a number of volunteers and interns who have given the organization drive and freshness like never before. Even while the Federal government inexplicably turns its back on summer employment for disadvantaged youth, we are creating jobs and supporting young people in our communities.

Peter Braasch We are thrilled to announce the name of our new son, Ezra Nahshon Braasch. We would also like to invite you all to a kiddush that we are helping to sponsor in honor of his birth and bris (and our joy that he is a happy, healthy, sleeping baby, yes sleeping!). Below please find some details about the kiddush, some thoughts on his name, and, yes, pictures, finally! PHOTOS: Here is a link to some great pictures that Jill's father took: http://www1.snapfish.com/snapfish/thumbnaillshare/AlbumID=2730189015/a=3408325_8560383/otsc=SHR/otsi=SALBli nk/COBRAND_NAME=snapfish/. NAME: Little Ezra, This name is our deepest hope and blessing that we would like to bestow upon you. Midrash tells us of a little-known character, Nahshon ben Aminadav who emerged at a time of great drama, when the Jewish people are trapped between the Red Sea and the Pharaoh's pursuing army. All the tribes were fighting over who should go first. While the established leaders were arguing and the moment becoming more dire, one person took things into his own hands. Nahshon set forth into the water- and pressed forth deeper and deeper. The waters rose above his waist, his chest, his neck... and he continued to press forward- undeterred. Once it had reached the height of his nose, the seas began to part. Anyone who knows Jill and I- knows that we love water. So, of course, we want a child who does not hesitate to "jump in" to the nearest estuary- the muddier and slimier, the better. But, for us, this name is much more. In our minds, it is about three things: action, faith and humility. -Ezra, we wish that you will grow to be a person who does not spend your life bogged down in meetings where people with official positions argue about what is to be done and who goes first. We hope that you will have the merit to see what needs to happen in this world and do it- to live and lead by action, not by title and talk. But action by itself is not enough. The name Nahshon is not just about doing. It is about doing inspired by **faith**- a deep true faith, that anchors and propels what one does in the world. But strong action and faith can get a bit out of control. One of the things that we love about the story of Nahshon is the fact

that he a “man behind the scenes.” He seems to come out of nowhere. He goes on to have an important “title” as chief of the tribe of Yehudah. From the couple of small pieces of information that we have- our sense is that he does not live to pursue honor rather the official “titles that he is given recognize the strength of the character that he displayed. Action, faith and humility are great, but we want something a little bit more for you Ezra. We felt there was a key ingredient missin-the what and why for- the thing that should come first. That is what we have found in your first name- Ezra- “help.” We hope that you will be blessed- first and foremost to act as a true helper in this world. We hope that you will manifest these qualities of Nahshon. But harness them with one primary purpose-to serve others, those in need. Like Ezra the Sage- we hope you will learn deeply and use this learning to make a difference in people’s lives. Jill and I deeply believe that this is the highest purpose to which you can aspire. Ezra Nahshon Braasch, May you be blessed with the ability to act decisively based on a foundation of true/deep faith, and may the actions of your life be focused like a laser on helping those around you- both close and near.

Peter Braasch L.Ac., M.Ac. *Board Certified Acupuncturist* Braasch Acupuncture (412) 400-8135
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Class of 1995

Sara Heitler Bamberger I live in Berkeley, with my husband Ken and our 4 children. I run a Jewish educational nonprofit called Kevah (www.kevah.org). If any of you are in the Bay Area, come pay us a visit!!

Rebecca Whitney: I live in Berkeley, CA with Perry de Valpine '93. I work as a learning specialist at a high school in San Francisco, where I make sure that the kids with learning differences get the right accommodations and that all students are learning effectively. In my spare time I've recently gotten back into knitting (rebequita on Ravelry; if you are a knitter please friend me!) and sewing, and of course I am still reading incessantly. Oh yes, and I also have two demure and perfectly well-behaved children-- Luke is 5 and Eloise is 3-- who don't really need much in the way of parental attention. sigh.

Anne Egger I am currently in the Bay Area, CA; moving to Ellensburg, WA in August I recently accepted a faculty position at Central Washington University in Ellensburg, WA. I will be starting there in September, 2011, in a joint position in Geosciences and Science Education. I'm excited to be heading there after seven years as the Undergraduate Program Coordinator for Earth Sciences at Stanford, during which time I also finished my PhD (not sure how I did that, now). Ellensburg is an excellent place for Nordic skiing and access to the Cascades, so if anyone is traveling on I-90 through Washington, please get in touch!

Sarah Kelley I live in S. Dartmouth, MA with husband Page Stites & kids Ethan & Hope. The last couple years have been busy! Our son Ethan Page Stites was born in January 2009 and we just welcomed new baby Hope Anne, born January 9, 2011. So I'm typing this with one hand while holding her with the other in the last few minutes before Ethan wakes up! Page teaches math and is Math Dept. chair at Wheeler School in Providence and I work for the Island Foundation in Marion MA doing environmental grantmaking. Thanks for compiling!!

Philip Mundy Hope all is well. Here's a picture of our kids, Ben and Claire, with me at Jervis Bay, which is located about 3 hours south of Sydney. Note the T-shirt (FOOT 1991 if you can believe that). We've lived in Australia for eight and a half years now and though the kids have slowed our exploration down a bit, we've tried to get out and about as much as possible. Since they were born we've been to Western Australia, Tasmania, the Snowy Mountains, and now this trip a bit closer to home in Sydney.



Roger Levine I am teaching at a small liberal arts college down here (with fellow footie, Julie Puttgen) in Sewanee, Tennessee. The big news is that my first book has been published. It's called *A Living Man From Africa*. I hope you can check it out.

Class of 1996

Liz Balfour: I am a partner at the law firm of Sheppard Mullin Richter and Hampton, LLP where I represent clients in litigation matters. David is a partner in the law firm of DiCaro Coppo and Popcke, which specializes in defending doctors

and clinics in malpractice cases and medical board hearings. David and I still do lots of sailing - I have gone hiking (some beautiful trails in Maui last summer, some hikes in the Anza-Borrego national park not far from San Diego), but no real camping since the summer of '96 - I have found, in my old age, that hotel rooms are very, very comfortable.... :)

Pennan Barry I am living in San Francisco where my wife, Winnie Kao (BR96) and I have been since 2005. We have a 2 year-old son, Malcolm, and a daughter on the way in a few weeks [that was many weeks ago – Ed.]. I am an Infectious Diseases physician and work for the California Department of Public Health doing tuberculosis control. I consult on TB outbreaks and on drug resistant cases of TB throughout the state. It is a great job for me with a mixture of population- and patient-level issues that I really enjoy. I also work for the city of San Francisco doing work on detecting and treating antibiotic resistant STDs. Although we haven't been backpacking since our son was born, we have been camping several times in California, Colorado, and New Mexico and I have great plans to get back out to the backcountry as soon as Malcolm and his sister at least don't need to be carried themselves.

Peter Ehrenkranz Greetings from Swaziland! I work as the Care and Treatment Team Lead for the US Centers for Disease Control office here. Basically the US government gives money to NGOs who work in-country and I provide technical advice on the programs that have to do with HIV and TB (ie, try to make sure that our taxpayer dollars are well spent). It's a fun place to work, and it's a great place for outdoors stuff- incredible hiking and mountain biking right out the front door, the beaches of Mozambique are just a few hours away and there's a weekly pickup ultimate frisbee game. My wife and I are expecting our first child in September, so I am trying to get my full of such activities while I still am getting a full night's sleep. Any FOOTies in the area are welcome to visit.

Peter Ehrenkranz Swaziland phone: +268 7602 4008

US phone (will forward to Swaziland): 203 903 0292

pehrenkranz@aya.yale.edu

Joshua Kane I'm living in Providence, RI with my wife of 2 years Joanne. I work as a psychiatrist at Butler hospital, and have a small private practice. This Fall I begin psychoanalytic training in Boston. No kids yet, but hoping they're in our future. As for why I'm doing this...an excellent question. I'm interested in the trails we all follow, and would like to help people recover a sense that they're following their own map, or at least have a compass and some basic triangulation skills to not get too lost on their way!

Kristen McDonald I spent most of 2010 in China, running river trips on the Great Bend of the Yangtze and leading a research project on rafting/ecotourism in southern China as part of the organization I started, China Rivers Project (www.chinariversproject.org). China Rivers Project works to protect threatened river heritage in China through fostering river recreation and developing long term strategies for river conservation. I would love to hear from any FOOTies who are working in China, or who want to travel there and are interested in wild China. When not in China I am mostly in the bay area with my partner Colin and dog Mojo.

Megan Murphy I am in London, have been here 8 years now so feeling strangely native. I'm a journalist at the Financial Times, covering banking. I love it but it's stressful sometimes so hoping to write my great novel and be done with it. Still hiking quite a bit, mostly in the Alps, which is great. Last big adventure was the Pacific Crest Trail in 2002, right before coming to London!

Oliver Pierson I'm well - living in Namibia, doing development and conservation work over here for the Millennium Challenge Corporation, a USG agency focused on economic growth. On a daily basis I help my Namibian colleagues implement complex and ambitious programs trying to conserve natural resources and create employment and income in the ecotourism, natural products and rangeland management sectors. I'm over here with my wife Julie Parent (met her in Madagascar in 1999) who works for CDC on HIV/AIDS prevention activities. We are expecting our first kid in October. Spare time (for now) = camping, mountain bike racing, brewing beer, and trying to get tomatoes to grow in this arid and sandy environment.

Rob Schonberger I'm a cardiac anesthesia fellow at Yale. Along with my wife Amy Marx (LAW 00), I'm enjoying the company of our kids Sophie (7), Jacob (4), and Esther (7 months). Thanks to a poorly chosen bedtime story, I am currently trying to convince Sophie and Jacob that neither of them is likely to be eaten by a bear if they sleep in the woods. Jacob doesn't buy it, but with the promise of a S'more, I'm pretty sure at least Sophie will come camping with me this summer. I recently got to see Mark Barnett skiing with his son Gabriel, and I regularly see Max Laurens around the hospital. Otherwise, I look forward to catching up with other FOOT folks via the newsletter or even around town if the Haven draws you near. Best to all, Rob

Kathy Stroker Charlie and I are still here and with big news -- the arrival of our first kid! A little boy named William (after his grandfather) and almost 12 weeks old. He's pretty damn cute if I do say so myself. So that's the momentous around here! As for the quotidian, I am becoming quite familiar with variations in diapers. I am relieved that our beloved dog is happy to have a baby around. And I am getting more sleep than I expected. Professionally, for the past few years I have been practicing law as well as doing some teaching. I am in the private sector now but looking to return to the public sector. Hopefully that does not necessitate a move back to DC, but it might. Since graduation I have moved around a lot (New Orleans-Berkeley-Benin-DC-Philly-DC-Paris-Philly) and would like to stay put for a little while. Perhaps I am getting old!

Charles Park I'm not able to summarize easily what my journey has been like, so you can quickly peruse a segment of an essay I was asked to write explain why I was applying to a post-bac program to take science classes to apply to medical school about ten years ago now. (ed: I have included this at the end of the newsletter) My path since then has been fairly straight forward: I completed medical school at Brown and am now in my chief (5th and final!) year of general surgery residency at the University of Cincinnati, with plans to continue training until my skill set is solid enough to work more independently to further access to surgical care and develop surgical residency programs in developing countries; I'll probably focus first on sub Saharan Africa and Burma, because of some familiarity with people in those regions. You hear a lot of difficult things about medical residency, particularly in the surgical fields, but just about every day has been a joy and revelation to me, and I still can't believe I'll have the privilege of doing what I do every day for the rest of my life as long as I'm able.

Class of 1997

Greg Newmark writes, "I am plodding through a PhD in City and Regional Planning at UC Berkeley and hoping to someday have an academic job. More importantly, my wife, Elena Aronson, is expecting our first baby the day after Christmas." Baby Boy Newmark made an early appearance on December 9th; congratulations, Greg and Elana!

Carrie Tatum also had baby news to share. She explains, "I'm happily living in Brooklyn, NY, having moved a year ago from the 250 sq foot studio my husband and I shared in Manhattan; just in time, as our family expanded to include our son, Joseph Dunlap, born eight weeks ago. I've been working for International Planned Parenthood Federation/Western Hemisphere for the past five years, where I work on women's health projects in Latin America and the Caribbean, mostly conducting evaluation research. Work has been good and included plenty of travel to the south and lots of opportunities to use Spanish. I unfortunately have done little hiking these days (always a challenge to get out of the city), but as Joseph gets older we hope to introduce him to the trails of the Adirondacks."

Melissa Lee will soon be Carrie's neighbor, so to speak, as Mo is moving back to New York this year after six years as a physician on a Navajo Indian reservation in Chinle, AZ. She will be doing community based primary care, working at the South Bronx Center for Children and Families, an affiliate of Montefiore Hospital and the Children's Health Fund. Melissa and her husband, Scott McGarvey, have three children--Lucas, Will, and Calla--whom they have taken on dozens of hikes and camping expeditions throughout the Southwest.



Jesse Heitler reports: "I'm now living in London with my wife Shirli and two children, Noah and Eliana. London is fantastic, and my only complaint is the lack of nearby wilderness. I'm keeping myself busy launching web startups and helping others to do the same. If anyone is going to be in town definitely drop me a line. My email address is in the alumni directory."

I (**Leah Angell Sievers**) am the Executive Consultant at the Virginia Holocaust Museum here in Richmond, VA. Life is busy with work, finishing my PhD, and family (husband Michael and children Vivian and Reuben)!

The Class of 1997 wishes the FOOT community a happy, healthy 2011 and urges everyone to help FOOT prosper through donations made in loving memory of our dear classmate **Brian Ching**.

Class of 1998

By all appearances, the composite '98 FOOT leader, now officially in his or her mid-30s (gasp), is busy these days juggling two young children and either advanced education or the beginning of a professional career.

Liz Averill Just wanted to send along another update because I have moved again. This time to Tacoma, WA. Loving this area and all of the wonderful outdoor adventures that it offers. I have the same cell phone (646-295-3131) and email (ejaverill@yahoo.com).

Charie Koven writes, "After a great 2 years living in Paris, France, my family (my wife, Sam, and daughters, Tillie and Flora) and I moved back to Berkeley, California in August, where I am a scientist working on carbon cycle feedbacks to climate change at Lawrence Berkeley Lab."

Stephanie Park is "back in St. Louis, married, working as an allergist, and trying to keep my two kids (Nicholas, 4, and Tessa, 1½) from getting too out of control. My family and I are headed to Seattle in a few days and will be lucky enough to catch up with Liz Averill and her beautiful family (husband Ben and son Caleb)! I have no plans of moving in the near future, so please, if any of you are in the St. Louis area, look us up!"

According to **Kristen Karsh**, "I think since my last update only the number of little people has changed. I'm still living in Tasmania, Australia with my Australian husband Ewan, 3 year old daughter Hannah, and 1 year old son Elliott. I'm (still) completing a PhD in marine science at a snail's pace while mainly staying home with the kids. I'm happy to be a contact for anyone thinking of travelling here (Kristen.Karsh@csiro.au). I have great memories from FOOT and FOOT-related trips (Big Bend, Appalachian Trail), and hope all involved are well. Take care."

Also in the last stages of professional training, with two kids, is **Dona Tversky**.; "Greetings from the sunny Stanford campus where I live with my husband Eran and our daughters Alma, 3½ years, and Dalia, 3½ months. I work in not-so-sunny San Francisco, finishing up my residency in psychiatry. Come say hello if you are in the area!"

Fran Franze-Nakamura My family has made a Westerly move. Together with my wife Rie and our 9 month old son Enzo, we moved from Washington, DC to Seattle, Washington where I am working as a federal prosecutor. We are very excited with the move and love our new hometown. We are eagerly looking forward to taking Enzo on his first camping trip this spring! I hope all is well with you.

Sarah Fayen Scarlett writes, "These days, I seem more and more firmly ensconced in the Midwest. After a number of years as a museum curator in charge of a great collection of early American decorative art, which we displayed at the Milwaukee Art Museum, I became more and more interested in teaching at the college level. So I recently went back to school for a PhD in art and architectural history at the University of Wisconsin--Madison. At the same time, I got married to a fabulous guy who teaches archaeology at Michigan Technological University way up on the banks of Lake Superior. Now that I am finished with my course work, I will be researching and dissertating (as some people like to say) in our old 1890s house. It turns into a snow fort in the winter (under our 250 inches of average annual lake effect snow) and a porch-surrounded treehouse in our beautiful (if short) summers. Our town of Houghton is at the base of the Keweenaw Peninsula where we can kayak, swim, hike, snowshoe, and cross-country ski. I included a photo of me and Tim last summer backpacking in Porcupine Mountain State Park. This is not exactly a place that any of you would swing through on your way to anywhere else, but if you're looking for an unusual outdoor vacation destination let me know! (Or if you enjoy learning about 19th-century copper mining and company towns -- we have lots of those too.) Best to all the FOOTies!"



Sarah Fayen Scarlett, '98, with husband, Tim

After eight years in New Jersey and a lifetime on the East Coast, **Gretchen Boger '98** and her family just moved to Colorado Springs, where she is teaching American history at Colorado College and trying to steal moments to go hiking with her husband and daughters, ages 5 and 2, in the gorgeous surroundings. Gretchen observes that the geographic

midpoint (www.geomidpoint.com) of the class of '98 leaders who wrote in this year and are stateside (apologies, Kristen) is in Rocky Mountain National Park, very close to her new home. Assuming the rest of the class of 1998 is similarly distributed, it clearly means that everyone should come visit for a FOOT backpacking reunion.

Class of 1999

Lincoln Else A few weeks ago I found my FOOT hat from 1998, with the authentic late nineties sweat stains. It's made a re-entry into my hat cycle. Killing time on a flight from Hong Kong to Tokyo. Not exactly my normal commute... but what better opportunity to try and summarize my current life in a sentence: After a decade "or so" living and working in Yosemite National park, I am now a documentary film maker and photographer living with Galena Seeger (my girlfriend of four years) in San Francisco. I think that pretty much covers the basics - the rest requires a longer conversation over a frothy beverage. That's an open invitation to any FOOT alum who happens to swing through SF :) Cheers, -Link

Andrew Bonney I am still at Cape Air, overseeing route strategy, scheduling and marketing for our 69 airplanes and 39 destinations. Recently we have started service to the Caribbean island of Anguilla, and to the military base Ft. Leonard Wood in Missouri. One of my favorite parts of my job is scouting out leisure destinations for future Cape Air service. Andrew 50 Herring Way Plymouth, MA 02360-3226. 508 648-5911. abonney@aya.yale.edu

Class of 2000

Laura Haverland I just got married in July to Andrew Morley – He was class of '01 – Steve Rosenthal introduced us five years ago right after the summer I spent in Boulder. Andrew and I are in the process of complete insanity, trying to start a cheesemaking dairy farm, potentially in Rhode Island. But I'm still working in New York at the job I've had since business school.

Anne Taylor I've been living in Philadelphia for nearly three years, and am hoping to stay here once I finish up with a Judge here next September (the great employment quest begins late this fall). While here, I've gotten involved with a delightful organization, the Philadelphia Orchard Project, through which I've spent lovely time outside around the city and met some great people doing good work here. On urban foodstuffs and such, it was delightful to run into several FOOT alums at the tour of the farm on campus over our 10th reunion!

Melissa Garcia I'm thrilled to announce the birth of my daughter, Lelia Garcia Metcalf this past 4th of July. She came a few weeks early as we vacationed on North Carolina's Outer Banks, but all went smoothly! Lelia is already an avid outdoorsbaby and nature lover. We've also just moved to DC so look me up if you're in the area.

Jacob Heitler I just got married! My beautiful, charming bride is named Rachel Finkelstein and she's a native of my current home, Berkeley, CA. The business I run with my brother, Jesse, and my non-Yalie sister, Abigail, is going well. We have less than a year of Federal grant funding to try to create a sustainable business helping people improve their marriages online. Anyone know anyone who could use a little help with their relationship? Check us out at poweroftwomarriage.com. All the best to everyone! I wish I saw all y'all more often.

Gates Hurand Our daughter Sierra Lucille Morgan Owen was born September 5, 2010. She's already enjoyed some nice hiking in her parents' native Arizona and we can't wait for her first camping trip this spring. She liked meeting mom's fellow oYo Footie Gates Hurand. lilymorganowen@gmail.com Lily Owen (Maiden Name: Morgan)

Laura Haverland After 9 years in NYC, my husband and I are planning to move to coastal Rhode Island in the next few months to start our lives over as cheesemakers! We have obviously lost our minds, but now seems like the right time to try it and even if we fail terribly, we'll spend a few years in a beautiful part of the country where farmers get to eat scallops and go to the beach! We'd love visitors - no official farm name yet but I promise to update when we have one so you can come visit.

Tara Cronin My husband, George LaVerde, and I have recently moved back to the New Haven area. George is doing a radiology residency at Yale and I joined a great ophthalmology practice (The Eye Care Group). We would love to get together for a hike with anyone who is around (better email: tarahcronin@gmail.com)

Nicholas Bagley I've decided in my middle age to become a Midwesterner. My wife and I moved with our two kids -- Sebastian, 3, and Celia, 1 -- to Ann Arbor this past summer to join the law school faculty at the University of Michigan.

All outdoor activities have ceased until we get the hang of having two kids. If anyone finds themselves in A2, let me know!

Emilie Hitch I spent the last year building my new anthropology and brand strategy consulting business (thinkersandmakers.com), and hosting all kinds of FOOTies in my beloved Minneapolis- both Kate Feather (01) and Sarah Ichioka (01) graced the Twin Cities with their presence this year and took in the Walker Art Museum, Tracy's Bar, a speech from Ann Bancroft and some serious beer pong. I'm now very rehearsed as a Mpls tour guide and welcome any and all FOOTies to the MN- although it's 10 below now so you might want to wait until summer... :) I'm planning a trip to Australia for the month of April, and Spain in the fall, otherwise I'll be here!

Adam Rosenblatt I'll be moving with my wife, Amanda, and two sons (Leo, 3 and a half, and Sal, 13 months) to Burlington, VT late this summer to begin work as the Assistant Dean for Global Engagement and an Assistant Professor at Champlain College. We don't know that many Vermonters, and if there are any FOOT people up in those parts it would be great to get in touch. I can be reached at adam@hopefirstcomics.com. Hannah: happel@stanford.edu

Argo Caminis Hello FEET! (is there a plural for FOOT alums? FOOTs?): Any FOOT-folk in Boston these days? I know of a few (Lydia, Ashley, Ben...). I'm living in Cambridge, ever-gradually moving towards the end of my residency in psychiatry. I was just reminiscing about FOOT this morning, in fact, about the night when I broke a mercury thermometer in the not-quite-yet-boiling water to check when it would be ready for the mac and cheese we were eagerly awaiting after a long day of hiking. The end of the cheese log, GORP and peanut butter never tasted so satisfying. Hoping to see more FOOT folk in 2011, perhaps even on a hike or two? Cheers, Argo argo@aya.yale.edu

Class of 2001

Mark Hatzenbuehler reports that he was lucky enough to spend 4 more years in New Haven and just finished his PhD in clinical psychology. His dissertation research was submitted as evidence in the Prop 8 case in California, which was very gratifying. He is now back in New York working at the Columbia School of Public Health and really loving it!

Julia Powell is living in Cambridge and writing a novel after quitting work as an attorney and leaving New York City as year ago. She would love to meet other FOOTies in the Cambridge/Boston area.

Matt Kerner returned to Seattle two years ago after spending a year in Tel Aviv. He is now working at Microsoft on something called Windows Azure, which is part of Microsoft's new and interesting cloud computing business. He sings in a casual barbershop quartet, spends time at his local synagogue, and enjoys leisure time with his girlfriend Laura. They are looking forward to some great hiking and camping in the Cascades this summer, and some cycling too (last year from Seattle to Portland, this year from Seattle to Vancouver, BC).

Rick Grossman announces the birth of his daughter, Clara, who arrived on March 29, 2010 and has since that time developed a set of teeth that she is not afraid to use. He has relocated to Chicago, where he is cranking out a JD-MBA. In his copious spare time, he continues to do work for the Museum of Fine Arts, Boston as Consulting Curator for Numismatics (ie coins).

Sarah Hipkens is living in New York with her husband, Conor and about to graduate from medical school, which she is very excited about! She plans to be a family doctor.



Beth Goldstein is living with her husband Nate Johnson, whom she met through **Catherine Price** and **Josh Berezin**, in San Francisco, where she recently became a nurse practitioner. The Bay Area agrees with her and she gets to hang out with lots of Yale friends, and even some FOOT leaders like Josh and the newly betrothed **Jacob Heitler**.

Sarah Ichioka is based in London, where she has been here for long enough that she is now a dual UK/US citizen. She is running a not-for-profit called the Architecture Foundation (www.architecturefoundation.org.uk). Last month she enjoyed meeting up with **Emilie Hitch** in her hometown of Minneapolis, where she is doing amazingly well revolutionizing market research from an anthropological perspective, and surrounding herself with wonderful, creative people. Sarah would love to hear from any FOOT alums who are living in/planning to visit England or and/or working in architecture/urbanism.

Dan Smokler is a rabbi at NYU and married to Erin Leib Smokler. He is pursuing a PhD in Jewish Studies and education and NYU.

Alex Boxer recently moved to Washington, DC where he reports "I am quickly trying to learn all I can about underwater acoustics. Are there any FOOT-types in the area? I would love to hike again in the Appalachians, be it snowy or warm. And, as an extra incentive, I can teach anyone some quick and easy methods for determining whether a submarine is lurking in your local brook or stream."

After six years of living in California, **Catherine Price** and her husband and recently moved to Philadelphia, PA. In between coasts, they took a couple months off to travel, and had adventures ranging from learning how to milk French dairy goats to riding the trans-Siberian railroad to doing a homestay with Mongolian nomads. (Catherine wrote about it at pretirement.net) Now that she is home, she is back to freelancing -- her travel book, *101 Places Not To See Before You Die*, came out in June from HarperPaperbacks, and she is writing for magazines including O, the Oprah Magazine while trying to get started on another book proposal.

Kate Feather reports, "This year has been a fantastic ride. Over July 4th weekend, I was married to David del Villar, an architect I met at Harvard Graduate School of Design. The wedding was in New York City with reception at the Yale Club. Because David is from Spain, the wedding included enough jamon to feed an army and a flamenco band during the cocktail. Several FOOTies joined us in the dancing and revelry. It was a blast

to see: my fellow FOOTie art Joe's parents (!), the great 4th career **Rick Grossmann** lightning-quick **Corey** w/ me) + her husband Adam. We love the city and sometimes **Alex Potter**. I work as a construction. Our latest news David and I plan to purchase a build a few cabins + a studio. did Support Crew with **Alex** my mind rushed back to the taking several freshman to the Without the ER trips.



wonderboy **Joe Montgomery**, his girlfriend Virginia, songstress and world-wise **Emilie Hitch**, the now on his (he's doing an MBA-JD now...), his wife, Jennifer, the **Zehngebot** (who also sweated through architecture school We've been living in New York City for the last 4 years. see other FOOTies like **Gwyn Welles**, **Alex Tilney**, and residential and retail architect and love the challenge of brings me back to FOOT circa 1998. In the next month, plot of land in the Adirondaks. Eventually we hope to It's not far from the Adirondak LOJ (yes, L, O, J) where I **Potter** and **Matt Kerner**. When the opportunity arose, week Alex, Matt and I spent laughing through the rain and Emergency Room. FOOT Reunion in the Daks soon??

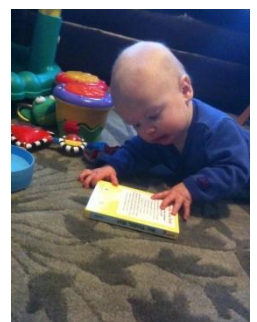
Lindsey Tucker is living in Boston, doing health care policy work, and not spending enough time outside. She would love to see any FOOT folks who swing through.

Liza Halsey reports that "All is well in New Haven. Our son, Novi, was born August 8th. He's a joy-- pretty smiley and easy-going most of the time. Our eldest, Saidan (age 3), is loving her role as big sister. These days, all of our outdoor activities involve kids-- recently they've include sledding, skating, skiing. It's been a cold, snowy winter in New Haven! I see Ally B. a lot and Gwyn whenever we can. If others are in the NH area, shoot me an email. We're happy to host visiting FOOT folks!"



Laura Kolar recently moved to Washington, DC from Charlottesville, VA where she spent the past 5.5 years working on a PhD in American history. She is defending this spring! She is also engaged and will be getting married in the fall of 2011.

Ashley Campion Lamb writes, "I am happily married, a 4th year resident in internal medicine and pediatrics at MGH in Boston and about to be done with residency in June. Most excitingly we have an adorable son Simon who is almost 8 months old. He is SO much fun. We'll be moving to Laurinburg, NC this summer for me to be a primary care doctor for adults and kids in a very underserved area."



Ed West writes, "I'm living in Oakland, and working in San Francisco. The company I co-founded, Mission Motors (www.ridemission.com) purveyors of high-performance electric motorcycles and advanced electric powertrains is doing well, and, I've also begun teaching classes on entrepreneurship at the Presidio School of Management's Sustainable MBA program, as well as at California College of the Arts' Design MBA program. I continue to be involved with the Zen teacher Adyashanti, managing his retreats, as well as being a part of the Integral Theory community. I would love to see anyone and everyone who is living in or around SF. My fondest memories of Yale were often FOOT moments. Miss you all!"

From the desk of **Marc Ruben**: "Joanna Lydgate and I have been in love for a good bit and married for a wee bit. We live in Boston now, after three years on the west coast. We're looking for buddies if anyone is nearby. I'm still doing online campaigns for progressive nonprofits -- did a lot of work on Don't Ask, Don't Tell and the Haiti earthquake in the past year -- and playing guitar in my living room now and then."

Shana Crystal and **Eli Segal** are married and living in Philadelphia, where she is a pediatrician and he is an attorney. They had a baby in October. His name is Micah and he's doing great!

Carl Shephard is working in DC for the Obama Administration on international trade. He says, "Please come and visit for a free couch, a woodsey hike, and a tour of the White House!"

Sarah Stehli Howell (stehlihowell@gmail.com) Sarah says, "I'm living in New Orleans with my husband, Lucius, and my 8-month old son, Lucius II. He has teeth! Big Lucius is a doctor at Tulane University Hospital (in his residency) and I'm practicing architecture with Williams Architects, working on Brad Pitt's Make It Right project in the Lower 9th Ward at the moment - design/build super-green little houses for victims of Hurricane Katrina."

Asher Price (ashergbprice@hotmail.com) Asher's report titled "What I'm up to": "I live in austin, where I spend my spare time eating lots of yummy food. I'm with the same girl, rebecca, I started dating freshman year at Yale. We live in an old craftsman bungalow that we fixed up. it's got a spare bedroom for any FOOT-sters passing through town. by day I work as the environmental and energy reporter at the daily paper. Austin is a great news town -- we've got the capitol and the university here -- and the paper's readers and my editors seem genuinely interested in the stuff I write. que mas? It's hard to find any great hiking near austin -- much of the land is wrapped up in private hands and no towering peaks are within 450 miles. Once every couple of years I haul out to big bend national park, which is spectacular and wonderfully remote. Lots of cactus and stars. I just recently stopped playing ultimate frisbee, and have now settled into a couple of pickup bball and soccer games. In short, we live a very Austin-y, laid-back life."

Josh Berezin lives in Oakland. He is in medical school and says that "it might actually end next year"!

Gwyn Welles is living in New York City and working as a documentary film producer, making social-issue films (mostly for PBS) ranging in topic from public education reform to immigration. She recently directed her first film "Welcome to My World", which follows a group of public school students she used to teach. The film premiered at the Maine and Harlem International Film Festivals. When not making films, Gwyn enjoys playing on her soccer team, practicing at her local yoga studio, and hosting dinner parties.

Class of 2002

I (**Julie Marchesi**) spend most of my time in Brooklyn NY these days, where I work in the documentary film business.

At the moment I'm at a company called Ark Media which produces lots of great programming for PBS. My current project is an *American Experience* on the western outlaw Billy the Kid, which will air in 2012. When this wraps I plan to team up with several other FOOT '02 classmates, **Ian Cheney** and **Curt Ellis**, to produce an independent film about Chinese food in America, called *The Search for General Tso*. Ian and Curt, as many of you may know, have also been working in documentary film since college, and to great success. Ian's most recent film, *The City Dark*, about light pollution and its effect on humans and the natural world, is the latest release from their company Wicked Delicate Films -- and it is about to take the film festival circuit by storm. Meanwhile, Curt has been busy launching the FoodCorps program, developing Farm to School programs across the country. The guys have also recently completed a short film called *Truck Farm* that further integrates their enthusiasm for film and food activism. It's a film about a vegetable garden planted in a pickup truck, and it features hilarious and beautiful original music by our other FOOT classmate, **Simon Beins**. Simon, who didn't send me an update but I'll brag for him too, is part of a band called The Fishermen Three which I think is actually just two guys. But despite their lies they have released an album that I cannot stop listening to called "Time to Think About The Morning Once Again". I think that's the title -- I'm sorry Simon if I'm wrong. But it's just

amazing and everyone should go buy it. I'm not entirely sure if these class notes are supposed to include so much editorializing so I'll just move on. The other Footies I've seen but didn't send me updates (so please forgive any inaccuracies in the following notes) are **Oana Marian** and **Jenny Fiedler**, who both live with Simon in Brooklyn. Oana has been in the film world as well, in both LA and NYC, and is currently doing lots of cool photography and sometimes putting her cool photographs on sweatshirts. Jenny is a writer at *Wine Spectator*. **Shata Stucky** is a lawyer living in rainy but lovely Seattle with her husband, Luke Garrett. After law school in Minneapolis and traveling around China for months, she's psyched to be back in her homeland, the Pacific Northwest. **Chris Beardsley** is a designer/architect in New York who has started a design firm with fellow Yale Russell Greenberg. He also holds a job as the director of an urban design/architecture nonprofit, so he's a busy guy. I loved the update from **Lise Clavel**, who says, "I live in DC; I've been working for Tom Perriello, Democratic congressman from Virginia, for three years; I ran both his campaigns and was his chief of staff in DC. We lost our reelection so as of January I am unemployed. So your plug for "finding a job" was somewhat appealing, though I'm also hoping that there's some yoga/Mexico/reading in my future since I haven't had much vacation in several years. I also got side bangs, but didn't we all." **Josh Zaharoff** wrote that "after several years as a progressive nonprofit organizer/advocate working on environment and democracy-related issues, I returned to law school to pursue a public interest legal career. I'm now in my second year at NYU Law and living in Brooklyn. I'm engaged and I'll be married this summer in Madison, WI (the hometown of my bride-to-be) and working at the EPA in Chicago. Last summer I worked at an NGO in Cape Town, South Africa, fighting to stop permits for new coal-fired power plants and -- the more exciting part -- watching basically the entire World Cup and attending three matches at Cape Town stadium, plus going on incredible hikes around Cape Town and especially along the southern coast of South Africa (aka the Garden Route, which other footies need to check out if they possibly can), going on safari, etc, etc." Sadly no update on his current hairstyle. Maybe at NYU he runs into: **Isabelle Kinsolving Farrar**, who is in her third (and last!) year of law school at NYU School of Law. She married Jonathan Farrar in June 2009, and the two are happily crammed into a small New York apartment that is more favorably compared to a boat than a house! She continues to race sailboats: she and her teammate Erin Maxwell are trying out for the 2012 Summer Olympics. The tryouts are in June and December 2011, so keep your fingers crossed for her. For more info on her Olympic campaign, please visit her website: www.470TeamUSA.com. After law school, Isabelle is looking forward to being based on Fishers Island for a year before moving up to Boston. Both moves will get Isabelle closer to the outdoors and Isabelle's FOOT roots!

Georgina Cullman says: "I'm doing my dissertation research this year, based out of Madagascar. **Chris Berry**, my fiance, and I have been living in northeastern Madagascar since September. Chris is teaching English at two high schools. Chris and I are getting married at my grandparents' farm in Stamford, CT in July! If all goes well, I should get my Ph.D. from Columbia next May."

Class of 2003

Joel Resnicow: I've never sent in a blurb to any alumni org, but it's never too late to start. In 2008, I betrayed my east coast roots by moving from New York to Northern California for business school at Stanford. I graduated in June, and am now launching a digital media startup Rexly.com. The Bay Area is a great, very FOOTie scene, and I get to hang with awesome folks out here like Sasha Waring, Peter Shanley, and Julie Stein.

Alex Milsom: Hey everyone! Remember when we played squirmly wormies in our sleeping bags in that old boy scout camp place during training? Those were the days. I'm still in college basically here in LA, except I'm the TA and get emails like "how do I quote a whole paragraph from the book in my paper?" every night before bed. Send me a line if you ever want to hang out! Or go on a hike!

Chris Heaney has the dish on several '03ers: Scott Kirschenbaum, who has been making documentaries, and is now in Haiti making his latest, *A Soapbox in Haiti*, which is a totally rad idea, just recording individuals' stories of recovery. Check out Asoapboxinhaiti.com. **Louise Davis** just married her man Jay in Mt. Carmel in CA, and is continuing with the expansion of the awesome Peer Health Exchange, city by city. An expansion of CHE, from Yale. And because I dished on two others, I can be unshy and say that I just got married too, to Hannah Carney, (Swarthmore, 2005) on Oct. 2 of 2010. We met in the Bay Area but we're living in Austin, TX now. It's been a good year. The book on Hiram Bingham and Machu Picchu, *Cradle of Gold*, came out in April, --the Story of Hiram Bingham, a Real-Life Indiana Jones, and the Search for Machu Picchu (Palgrave Macmillan, 2010), which gets into the adventures of that FOOT prototype, Hiram Bingham, and the dispute over artifacts that followed. It comes out in paperback this July, in time for the 100th anniversary of his first visit to Machu Picchu. and I'm now in my third year of the ph.d. In Latin American history, which I still love. Heading back to Peru next year, hopefully. And I'm dressing as a Ghostbuster for a halloween.

Ben Schrader: Got some news worth sharing, I suppose: after four years in Tennessee--where I did a little hiking in the Great Smoky Mountain National Park, actually--I just moved to Washington, D.C. I've joined the U.S. Attorney's Office

for the District of Columbia as an Assistant United States Attorney, and ought to be here for at least four years.

Mark Hanudel, M.D.: I'm finishing the last year of my Pediatrics residency at UCLA. Next year, I'll start subspecialty training in Pediatric Nephrology at UCLA.

Sarah Indyk: Hi everyone, I'm living in Colorado, working for a community foundation that makes grants to support Denver and Boulder nonprofits. I also have a masters in Acupuncture that I haven't really figured out what to do with yet. The most exciting news I can share is not my own. In September, I was a bridesmaid and co-officiant at my best friend and fellow '03 foot leader, Louise Davis's wedding! Foot '03 was well represented in the wedding party by Jessie Rossman and Wesley LePatner (formerly Mittman). Louise married Jay Langheier, not a foot leader but a great guy none-the-less.

Wesley LePatner (formerly Mittman): As Sarah alludes to, I got married four years ago to fellow Yale '03er, Evan LePatner. Although he was not a FOOT leader, Evan has honorary FOOT status having roomed at Yale with the '03 FOOT Poobah (and new dad!), Sasha Waring, as well as FOOT guru (and now PhD candidate), Aaron Jakes. Evan and I currently live in Manhattan, and I work at Goldman Sachs where I have been since graduation. Although far from the hiking trail, I run into FOOTies in the hallway at work, including Jen Field '01, Antoine Munfa '02, and Alex Potter '01. Please email me if you are passing through the NYC area, as we would love to catch up. Hope you all are doing well!

Peter Shanley: I am in San Francisco still, and just completed a 65 mile hike home from Pt Reyes Station across the Golden Gate Bridge on Sunday. Felt great to complete a personal challenge and saw some amazing sites along the way; got to love creative new years resolutions. Apart from its proximity to the outdoors, the Bay Area's tech scene has been keeping me busy. After 3 years in affordable housing in the Tenderloin I went digital, first at the Yahoo! Brickhouse product incubator, than at Federated Media working in "conversational marketing" (blah blah dork out), and most recently at a start-up Betable bringing Social Betting to the masses... our premise is that it is more fun to mix reputation/smack talk with real money when competing with friends. We are based in London so I spend about half my time in Shoreditch and the remainder here in SF. I deferred my acceptance to the Berkeley School of Information (i know i know, for someone with as much of a propensity for bullsh!t as peter shanley being a Master of Information might create a black hole into the nether worlds) and am going to apply to NYU ITP, MIT Media Lab, and Yale SOM to cover my bases in case this company does not pan out. most start ups fail, but its been a hell of a ride!
Always game for a hike for Bay area locals or out of towners in for a weekend. I have a score of hikes within an hour's drive and a 5 lb Chihuahua who loves to summit. Also getting married this July in the Sawtooths in Idaho, which is how I came to acquire said chihuahua :)

Anthony Anagnostou: not much to report, as i am currently a lowly med student (tearing through medicine like it was candy, but doing little else). the six lost years between graduation and school were well spent, and are best summarized in pictures. google will reveal all to the curious and the bored. for now, im captive audience in nyc for the next two years, after which it's anybody's guess. while i am likely to be antisocially, frenetically, and blissfully busy until spring 2013- i am always happy to make dinner for anyone brave enough to take the A up to washington heights and survive a dormitory adventure.

Adam Nyborg (adam.nyborg@whitemountain.org): Anthony was kind enough to pass this message along, since I have failed to keep the aya.yale.edu capabilities going. I do feel odd writing a group email about myself, but then again it was fun to read other FOOT folks writing about themselves. My little family lives in Franconia, NH. Jill Brewer and I got married in August 2009. Our daughter Wenonah turned 6 months old yesterday. Jill and Anthony have a lively debate over whether or not the math suggests a shotgun wedding. (I weigh in with the mundane truth that it does not.) I work for the White Mountain School, running their farm and forestry program, plus teaching environmental science, sustainability, and chemistry. The school has a solid outdoor education department, so I still construct tarps in the woods somewhat regularly. Franconia is an ideal starting point for hiking and climbing in the White Mountains, so please stop by if you're touring New England. It's great to hear from some of you, and to consider fun memories of others.

Lauren Keane: I'm engaged to a delightful man who spent part of his childhood on a sailboat, so I'm learning the secrets of the on-the-water life bit by bit in preparation for what we hope will be a grand adventure to distant shores in the next year or two. In the meantime, I work on foreign and investigative projects at the Washington Post. It either keeps me holed up at a desk in DC all day trying to map out the journalism world's digital future or, when I'm lucky, gets me to China where I get to look into critical questions like, what's up with the Chinese government trying to get everyone to eat more potatoes? Also next weekend I am renewing my WFR certification, which every time I do brings back fond memories of our many broken femurs and sucking chest wounds out on Cross Campus lawn in August. Those were the days...

Class of 2004

Emma Ashburn I'm moving to Shanghai in February to report on Chinese financial markets. I'm not sure how much camping there is in eastern coastal China, but I would of course love to play host to any and all FOOT leaders who make it out there! much love.

Paige Atkinson I'm probably moving to Portland, OR in a few months to start a combined RN/Nurse-Midwife program there. I was out for an interview not long ago and had the distinct pleasure of being hosted by Kate Block and Vicente Undurraga Perl during my stay. They have two adorable dogs and a beautiful home, and they both continue to be absolutely hilarious. It was great to see them both and I'm pretty excited about living in the PNW for a few years. I've been farming in the Adirondacks for several years but it's time to try something else on for size, and catching babies it will be. I recently completed a 3 month practicum at a birth center on the TX/Mex border, working predominantly with women from Juárez, MX, and I happily caught three babies while there -- one girl, two boys, all cute! I'm really excited about midwifery and look forward to seeing how much of the FOOT community lives in the PNW... and whether any of them have babies with OHSU midwives while I'm studying there :) Hope you are all well!!!

Katherine Block and Vicente Undurraga Perl ('06): (1) got married in 2007, and (2) have moved westward to Portland, Oregon. Vicente is a surgical resident at OHSU, and I am a veterinarian at a rural practice outside of the city. So if you or your favorite cow needs a surgical consult, come visit! We have a guest room, seriously.

Strand Conover (Davenport '04) will marry **Ariel Phillips** (Trumbull '06) on October 15, 2011 in Pacific Palisades, CA. Strand met Ariel over 8 years ago when he was a junior and she was his Footie! Nothing happened in the forests of western Connecticut, but they began dating shortly after their FOOT trip. A shared passion for the outdoors continues to be a theme of their relationship and they've hiked extensively together in Yosemite National Park. They currently reside in Park Slope, Brooklyn. Strand is an agent at William Morris Endeavor Entertainment.

Mer Dearborn: I went to law school, clerked for a federal district court judge, and am now a lawyer working for the law firm Boies, Schiller & Flexner, LLP. I think that's about it, unless you want me to write up something snazzier! (Sounds snazzy enough to me already –ed.)

Ed Dietrich: I am currently in my third year at UCSF Med School, and enjoying life on the edges of Golden Gate Park. Living with sister and UCSF first-year med student Maggie (former FOOT, of course). Keeping the family ties strong!

Catherine Halaby reports: I live in Amman, Jordan and I work for Endeavor, a non-profit supporting high-impact entrepreneurs in emerging markets. I've been here a year and I will probably stay another year and a half, then hopefully return for grad school in the States. I've done a bit of camping in Wadi Rum and the Northern highlands, and Jordan has some stunning scenery. I recommend it! Expat life is not too bad; I think it keeps me young. I keep in touch with alumni orgs and do interviews for the Admissions Office, as well as maintain cozy guest accommodations, should anyone find themselves in the region.

Amy Kohout writes: Hi FOOT! I'm working on a PhD in American environmental and cultural history at Cornell. Whenever I'm not reading (a rare occurrence these days, as I'm prepping for my comprehensive exams), the dog and I can be found frolicking in the gorges. (Or sleeping.) Ithaca isn't really on the way to anywhere, but if any FOOTies find themselves nearby, Bohpenyang (the dog) and I are always happy to have company on our walks.
(amy.kohout@aya.yale.edu)

Ming Thompson: I finally graduated from architecture school at Harvard, and I moved west to California this fall. I married Dan Mattingly (SM '04) in Virginia in the summer, and he's here working toward his doctorate in political science at Berkeley. I started a stationery company (www.poundingmillpress.com) and I'm starting work as an architect in San Francisco next month.

Zev Balsen: After several years with the US Forest Service in northern California, I'm now studying fire ecology at Berkeley. Heading to Mount Etna for summer 2011 to look at volcano-ignited fires. Any FOOTies in Sicily?

David Noyola works as a political consultant in San Francisco, the city of his birth.

Megan Trice: I've been in and around New York since graduation, working as a manager for various Broadway shows. I quit my job a few years ago and am now finishing up an MBA at Columbia. I just moved from Brooklyn to the Upper

West Side this summer and have been getting to know my new neighborhood, cooking with my boyfriend, playing touch rugby, watching a lot of reality tv... I miss FOOT! Hope everyone's doing well and spending time outside.

Max Pitman and **Day Kornbluth** are living happily in Brooklyn: Max is taking time away from med school to rid the world of prostate cancer, Day is taking the internet by storm at startup One King's Lane, and also pregnant with their very first junior!

Adam Stack As for me, I'm working towards my Ph.D. in archaeology at Harvard. I'll be digging and getting into other kinds of trouble in Peru all summer - so any FOOTies planning a trip should drop me a line.

Class of 2005

Thanks to everyone for the updates below. You can send updates anytime throughout the year to be included in next year's newsletter. If you are changing your email address, be sure to let me know so you continue to receive your annual newsletter. I am battling through my intern year at Children's Hospital here in St. Louis. If you are swinging through town, let me know! Happy New Year to all. Carrie

Kevin Abels After 5 years with the Service Employees International Union Local 105, I am moving on to a new job as the Executive Director at FRESC (www.fresc.org). FRESC, like its sibling organization in New Haven the Connecticut Center for a New Economy, builds coalitions of labor unions, environmentalists, affordable housing advocates and transportation activists, among others, to ensure that economic development is responsible, and responsive to the needs of working families. I am excited to be starting this new chapter while staying in Denver, a city that I love. Come and visit me sometime--the Rocky Mountains are calling you!

Drew Alt First off, I am married! Jocelyn Lippert Alt (Dawn Lippert's older sister) and I tied the knot on September 6, 2009 on Orcas Island, WA. There were a bunch of Footies there **including Annika Swanson Berman ('05), Wills Glasspiegel ('05), Matt Wilson ('05), Sara Aronchick Solow ('05), Kirk Henderson ('05), Liba Rubenstein ('05)**, my Foot **Leader Lauren Keane ('03)**, and of course **Dawn Lippert ('06)**. We rented out a summer camp in Moran State Park and had an amazing wedding celebration. Jocelyn and I recently moved from Washington, DC to Chicago where I am in my first year of business school at Kellogg School of Management. I kept the FOOT spirit alive with a pre-school hiking trip in the Swiss Alps and will be leading a hiking trip in the Cascade Mountains of Washington state in August 2011 for incoming Kellogg students. My last piece of news is that in November '10 I helped **Wills Glasspiegel ('05)** film/record a story for NPR on Chicago's footwork dance and DJ scene. Check out Wills' story on NPR and look for me in the video he cut up! Hi to everyone from Chicago!

Mike Dunbar I am in my sixth year of work with private Christian schools. After graduation I moved to Fort Worth, TX and began teaching (histories, Spanish, etc) and coaching soccer. After a few years I met my (now) wife Meredith while she was studying nursing at TCU (Go Frogs!). I completed a M.Ed. in Administration and we graduated the same day in Spring of 2009. A few weeks later we married. A pre-requisite was a love for the outdoors/hiking and thankfully we continue to love the outdoors! For our extended honeymoon our travels took us around Europe and Glacier N.P. After one year working at a hospital (I was still teaching) we decided to become missionaries and work at a school in Bogota, Colombia (where I have family). We figured that Summer 2010 might be our last chance to do something crazy so we spent a month living out of our car and camping in and out of national parks (about 13?) out West. We think we liked Zion the best. So we spent the money on that trip instead of '05 reunion but I hope to see more FOOTies soon! Come and visit us in Bogota!

Kirk Henderson Kirk finds himself still in Turkey after a Fulbright grant took him to Istanbul in 2008. He spends most of his time as an architect/development designer/yoga instructor, and hopes to revive his errant Turkish bath blog soon. (www.ammamguide.com). Major plans for the future involve figuring out how to move on with his life without losing a steady supply of fresh tea and kebab. Visitors welcome, please bring good cheese.

Duncan Hinkle Hey! So I'll let you phrase this as you see fit but I've got a new job in Washington D.C. I'm working for Astrum Solar, a residential solar panel installation company. **Caroline Howe** put me on the job and **Claire Hirschmann** inspired me to call Caroline. And now I get to hang out with **Zelinsky, Andrew Cedar and Brandon Berkeley**. Foot continues to mold me.

Jenn Hoyle I graduated from the Yale Forestry School in May, 2010 and now I still live in New Haven (just can't get enough!) and work as a water resource engineer for a firm based in Cheshire, CT- about a 20 mile bike ride up the

Farmington Canal Trail from New Haven. Most of my projects involve watershed planning, assessment and restoration in the Catskills in an effort to protect source water quality for the NYC water supply as a consultant for the NYC DEP (drink NYC tap water!). I have really loved getting to know the Hudson River Valley and the Catskills High Peaks region--such a sweet area for outdoor adventures--and I still do a fair amount of hiking/skiing/biking near home up in Franconia, NH in the White Mountains whenever I get a chance. Foot-sters--- please holler if you come through New Haven!

Liz Kinsley I'm currently in New Haven, working in Yale's Undergraduate Admissions Office as the Director of Outreach and Recruitment. I supervise the campus Tour Guides and all of the student Recruitment Coordinators who handle administrative work for programs like Bulldog Days, so I keep up with the FOOT scene through current leaders. I also had a business lunch with **Cilla** a couple of weeks ago! Last fall I finished a masters program at NYU, and I'm still doing a lot of singing with choirs at Yale. I hope you're doing well. I've had relatively few run-ins with FOOT alums, though I've had a chance to speak to **Duncan Hinkle and Akshay Shah** on the phone recently.

George Lyall Just to give you all a little update. I have been working in finance since Yale and left New York in 2008 for the bright (and not so safe) lights of Caracas, Venezuela. I lived in Caracas for two years and am back to splitting my time between NY and Caracas. If anyone makes it to Venezuela shoot me an email -- it's a beautiful place.

Aaron Mitchell I'm just about to finish my time as a medical student at NYU, and I am currently interviewing for residency programs up and down the east coast. I have not been camping in WAY too long, and I am really hoping to end up somewhere with a few more mountains and trees than New York City...maybe back home in North Carolina.

Bill Strom By the time fellow FOOT alumni read my update, I'll have finished my first semester at Northwestern University School of Law in Chicago. It took me awhile to get back to school - I nearly became a Teach For America lifer there - but I'm pretty pleased to be a student again. There's a small but spirited group of young alumni here in the Windy City, but I'm sure I haven't found everyone yet, so anyone local should give me a shout!

Annika Swanson Berman I got married in June to Jake Berman - not a foot leader but we met through leading wilderness adventure trips together. Our first date was a month-long trip in northern India with 14 teenagers! We moved out west from Boston - and I'm now a first year at Stanford's business school.

Class of 2006

Liz Jordan: In a nutshell, my news is that I am a first year law student at NYU hoping to focus on criminal justice and human rights and living in Brooklyn.

Becky Levy: i'm half way through an mdpd at columbia and feeling very far from graduation. i'm working on mouse models of schizophrenia which sounds a lot more exciting than it really is -- no the mice don't tell me about their delusions. i also do lots of outreach science talks at local schools, so if any foot leaders are now nyc teachers and want a visit let me know.

i get my outdoors kicks mostly in new york city parks, but sometimes return to real wilderness. on a hiking and biking trip in acadia this fall, i felt hints of my foot life returning. until my boyfriend (a med school classmate) proposed which certainly never happens on a foot trip since there's no hooking up on foot! i'm currently devising a champagne and tang cocktail.

Baily Blair Kempner: In very happy news, I wed Nate Kempner '05 in May 2010. We enjoyed a fantastic honeymoon adventure in northern Thailand and the Maldives. I am now finishing up my second and final year at Harvard Business School, with a special focus on social enterprise and social impact investing. Nate graduated from HBS last year and now works at an investment management firm in New York. I am looking forward to the end of the Boston/New York commute and to finally setting up camp in New York come May! In FOOT-related news, I recently returned from an absolutely amazing two-week NOLS mountaineering trip in Chilean Patagonia. Nate and I are also planning to ascend both Mt. Rainier (Washington) and the Grand Teton (Wyoming) in July!

David Busis is finishing up his MFA at the Iowa Writers' Workshop, working on a novel, and watching a lot of television on netflix.

Tim Palmateer: I moved to NYC after commencement where I founded a non-profit called envirovolution. This organization promoted sustainable business practices through the mediums of extracurricular school clubs, neighborhood expos, and a job training program focused on small business energy consulting. After three years of non-profit work I

joined the US Army where I currently serve as a Lieutenant at Ft. Bragg, NC. I will be serving on active duty until at least August 2012.

Tom Cannell: I live in Brooklyn and i work for the City's Health Department trying to help church health ministries use computers to keep track of their members' blood pressure. I'm considering going camping this summer.

Adele Sweetnam: Lived in TX for a while; just moved back to NYC and am working at McKinsey; latest adventure was a stint working/traveling around Brazil.

fun fact - living with another Foot leader Deirdre C! :-)

Sam Landenwitsch: I am still living in Boston. As some may remember, I worked for Green Corps for 3 years after graduating, and then started working for Green Corps' "parent company," the Public Interest Network, about a year and a half ago. I work for the President and Executive Director of the Network as his Deputy Chief of Staff. Work is always different, always challenging, and I am enjoying it very much. I spend most of my time focused on organization building, staff recruitment and retention, citizen outreach, fundraising, and strategy. If anyone is looking to turn their passion for the outdoors into a career doing environmental advocacy or organizing, please drop me a line!

Mia Smucny: I am finishing my last year of medical school at UC-San Francisco (woohooo!). I am applying in orthopaedic surgery, and will find out in March where I will go for residency.

Laura Warren: My update is that I'm wrapping up medical school in May and I'll figure out where I'm doing residency in March. Between now and starting life as a doctor, I'm trying to get outdoors as much as possible, including a trip to Chilean Patagonia with William Niebling in March.

Mike "Dot-Dot" Brown: I'm in DC working at an energy efficiency software startup called OPOWER.

Dawn Lippert: I live in Hawaii and am working on a project to finance innovative clean energy technologies (www.hawaiiirenewable.com) - mostly sun, wind, plants, and water since we haven't yet figured out how to tap the rainbows, dolphins, and surfers... It's fun to live where work and play blend together easily and the aloha spirit runs strong! And I love when people come to visit!

David Leiberman Just finishing off an exciting and enjoyable year of teaching in NYC. Looking forward to summer and various outdoor adventures!

Danni Lovell: I find myself in the gorgeous, amazing, fantastic mountain/ocean town of Vancouver, BC. After wandering through life on a farm just after graduation, experiencing 'deportation lite', and falling in love with a Vancouverite experimental electronic music composer named Phil, I'm settled for now. I've also founded my very own relocation consulting firm (great for all your moves! www.lovellrelocation.com), so as soon as I get antsy that I've lived in an apartment for the longest time in my life (2 years, coming up in November), I can relocate myself. Turns out that there is a very important relocation industry conference in New Haven in June, so I'll be taking a highly essential business trip back east. I've really become a west coast girl with my cycling, vegan eating, yoga bending, lululemon wearing ways. See you all soon in June! (Can we do an oomgala just for old time's sake?)

Also from Danni I knew it was time to write an update when I nearly collided with a Yale friend while getting off a bus in Vancouver (hi Will!). What are the chances of two people who know each other from 5 years previous would be getting off the exact same bus from the Vancouver Island ferry, from the same door (one of three), in the city he doesn't even inhabit? Low enough to spur an update! Or is it high enough? I can never remember. Life has been more wild than usual in my end of the world. It appears that my last update was in April, and many sundry things have occurred in life since then. Most importantly, in June I was laid off from my job with spud. And even more importantly than that, I was THRILLED to be laid off. The company had just changed hands in ownership and was about to embark on some massive changes, and it was a perfect opportunity for me to take a severance package and jump into my next adventure. I actually had 2 weeks between when I learned that leaving was a possibility and when the actual letters changed hands, so I started researching all the different options available. And one quickly came to the front of the pack. Amazingly, in BC (I'm not sure about other Canadian provinces, but definitely in BC), people who have been laid off are on EI (employment insurance) are eligible for a self-employment program. In this program you get 10 weeks of class, through which you learn the basics of starting/running a business and write a full business plan, then you embark upon 38 weeks of mentored work. Perfect! The program for me! I had spent time in the spring and late winter in an entrepreneurship course taught by a local business coach and angel investor, and the class had got me interested in running my own

business. So, this was the perfect opportunity. I did spend a week enjoying my 'funemployment' as I've heard it referred to, cycling around town, getting my signature t-back sunburn (5 months later, the perfect outline of a lululemon top is still branded on my back), going to the beach with new friends and old. But then I got to work collecting all the various reams of referrals, references and ridiculous amounts of paperwork (a Canadian government necessity it seems) to apply. The YMCA in downtown Vancouver (a 10 minute stride from my front door) quickly became my first choice, and in early August I was accepted into the program! At the time I was also exploring applying to business school, studying for the GMAT and enjoying my new daylight freedom as well, so September turned into a busy month. I spent mornings learning how to narrow target markets, apply for micro-credit loans, sort through web designers and not go crazy while trying to do everything and get my business plan up to snuff. I've since put the B-school plans on hold and completed the first 10 weeks of the program. The day after class ended, I promptly came down with the 'Plague' that has been going around Vancouver, and I've only just returned to being able to shake hands with people. I had a few awkward moments of ill timed coughs and misheard explanations as to why I didn't want to shake their hands. ('You don't want to touch me! Promise!') You may be wondering what I'll actually be doing now (something I ask myself sometimes). Well, I've turned myself into a relocation consultant and coach for people (especially families) moving nationally and internationally. I help plan the move and then coordinate all the different parts, services and people involved while staving off the stress and madness that can descend, especially while moving to another continent (just like my family did in May! Australia to be exact!) My website is miserably bare right now (www.lovellrelocation.com if you do want to peruse), but I'm in the midst of applying for various loans and such from organizations that get excited about young entrepreneurs, and so the combination of those loans and a good web designer will have it looking lovely by January 1st (that's the plan at least). Like many of my emails, this may seem like a strange right turn from what I've been doing right now. Organic grocery marketing to relocation coordination: not the usual path. But, I think with the super charged combination of 12 moves under my belt (not including all the apartment/dorm changes within those city moves), I can be the most sustainable RC on the market. The way I see it, this is a great opportunity to play with an idea, with the gracious support of the Canadian government (there's a stipend until July) and just see what happens. The other two main things that have happened since April are that Phil was also laid off (in a similarly thrilled fashion) and my bike was stolen, so no more do I zip around town like a maniac. They are definitely different scale of importance, but the two main things that stand out. Phil's been spending the last few months in a different government work search program (Thanks again Canada!) and determining which path to take for his next step in his career. And some miserable soul has a totally beat up specialized allez sport with a messily painted blue crossbar and 7000km. I have used some of my free-er time to learn some new recipes (including two short stints as a happy galley slave on a yacht off Vancouver Island, highly recommended!) and cook up a storm. I'm actually eating better now than I did when at spud. Less access to organic chips and candy. So, if you are in the neighborhood (don't wait until I body check you coming off the bus!) say hello and I'll feed you all sorts of tasty things. Until next time! Cheers, Danni

Aaron Zelinsky: After 27 years I made the tough call to finally leave New Haven. I graduated from law school in May (having come by the first day of FOOT each year to watch a few FOOTies walking through Phelps Gate to cheers). I now work as the Special Assistant to State Department Legal Adviser Harold Koh. In a town where they say the length of your title is inversely proportional to how important you are, well – yeah. I see Andrew Cedar, who works at State as well, one every week or two for lunch, which is awesome. If you're in DC, let me know. Hope to see everyone at the reunion (we'll try and figure out a FOOT event time).

Class of 2007

Ben Beinecke I'm living in New Haven, working with a classmate from business school (graduated this May from Yale's SOM) on a food company to make healthier, convenient snacks for kids. Probably moving back to NY in the spring depending on how the business goes. Otherwise, life is great. Sharon and I are still dating. And I'm trying to be outside as much as possible. (Here they are at Cilla's in Vermont! Ben was working in Barre, VT for the summer with wind energy.)



Jonathan Davenport Hallo FOOT '07, it's been years. I've been living in Philadelphia for bout two years now after a year in San Francisco working for the Park Service and a stint at Berklee School of Music... since I've been in Philly I've been working at whatever the recession will throw me- but most importantly, I've been playing lots of music with all types of characters. My main project these days is the Perseverance Jazz Band (www.facebook.com/perseverancejazzband) we play traditional New Orleans jazz all Philly-style. Lots of fun – check us out if you're ever in town, and if you're having a wedding or party in the Mid-Atlantic Region that needs some riotous entertainment, hit me up! I look back fondly on those FOOT times, warm wishes to you all.

Tasha Eccles After graduation, I spent a couple of months nestled on the southern shoulder of Mount Washington, cooking up hot meals, churning compost, and watching the leaves change in one of the high-mountain huts run by the Appalachian Mountain Club. Later I somehow found my way to New York City, where I live with fellow FOOT leaders Angel Hertslet and Alex Borinsky, and work as a paralegal at Legal Aid. I spend my free time cooking up hot meals, singing with a ragtag band of Yale Women's Slavic Chorus alumnae, and spotting urban wildlife (rats under my building, raccoons near the reservoir, wild turkeys in Battery Park).

Naima Farrell I'm in DC now in my first year at Georgetown Law. Before law school, I spent the past two years serving in the Peace Corps as a secondary education volunteer in Benin, West Africa. It was an incredible adventure, and I definitely hope to go back someday! I've attached a silly photo of some friends and me hiking in the Dogon country in Mali last December. My FOOT skills certainly came in handy! :)



Jane Gallaudet I'm sitting in a coffee shop in Portland, Maine, doing homework and Claire Hirshmann just walked in! Apparently, we both live here! I'm in a nurse practitioner program at the University of Maine here (started in May, done in Spring 2013), and as she just informed me, Claire is working on starting a school! I think of FOOT often, and while Maine gives me a good dose of time outside, I would pay good money to go on a trip with some of you fine folks.

Anny Gaul After two years in Morocco working for the Peace Corps, Anny returned to the US in December 2009 and spent the next six months driving around the US and dreaming up Moroccan-inspired recipes for a cookbook (see <http://imiksimik.wordpress.com> for recipes and road trip photos, including a shot of the best-kept secret in Virginia, a monument aptly named Foamhenge). Last fall she began an MA/PhD program at Georgetown that includes everything from Arabic poetry to contemporary gender-related policy in the Arab world. Visitors to DC are welcome and will receive a dinner party in their honor upon arrival.

Robin Pearce Robin Pearce (FOOT '07) has been on a two year adventure in New Orleans, Louisiana with Brent Godfrey (FOOT '08) where she fights the spread of HIV/AIDS at a local clinic and Brent fights fires with the New Orleans Fire Department. Certain FOOT skills like killing enormous cockroaches, boiling tap water and encouraging friends to "hydrate or die" during the long, hot months of summer have made swamp-living easier. Other skills, mainly reading topographic maps, have been less useful. Many FOOT leaders of yore have visited since 2009 and Brent and Robin encourage more to come!

Austin Kilaru Dear Foot - I've settled down in the marvelous city of Philadelphia. Take that next bus over, and I'll show you a great time. Much love to you all. P.S. Tune your radios to the sweet melodies of my band, Erectile Function. We're the hottest medical school rockers on the planet. Our hit single, "Digital Rectal Exam Blues," is now available for purchase on iTunes.

Class of 2008

Olga Berlinsky: G'day mate! I am writing from Melbourne -- I just got here about a month ago and planning to stick around for about a year or two. I am loving the bright sunshine and warm people, and am already planning trips to New Zealand and the Outback... see if I can dig up some of my rusty FOOT skills. I am still working with BCG -- but just transferred from Chicago to Melbourne. Hope all is well with you and glad to hear FOOT continues to stay awesome!

Jake Branzburg: After graduating Yale, Jake spent two years in New York City working for Goldman Sachs' Asset Management division. In August 2010, Jake accepted a fellowship focusing on education reform in the San Francisco public and charter school system through an organization called Education Pioneers, which aims to employ private practice analytical skills in the public sector. In San Francisco, Jake is working on a strategic growth plan for a group called Summer Search, which provides for low income urban youth to participate in FOOT-like wilderness and adventure trips throughout their high school careers, imbuing them with crucial life traits including independence, responsibility, confidence and altruism.

Laura Chandhok: I don't really have any updates. Well, Greg & I went to India together and did some hiking in the Central Himalayas, and then Greg & his Dad trekked to the Base Camp of Mt. Everest! You can put that in if you want.

Bevan Dowd: Well, I spent the two years after graduation working for a health and human rights NGO in Boston until this June, when I took off with the money I had saved to do some traveling and learn some Spanish. I returned to the US of A in December and ever since have been sending out job applications with rampant abandon. Who knew we were in a recession?

Mila Dunbar-Irwin: Well, I might as well let you know that I do have a "big" life event coming up very shortly! I'm getting married on February 5, 2011 in Winthrop, WA to Kevin Hickenbottom (CC '09)! Super exciting! Winthrop is a tiny little town in the foothills of the North Cascades and we're getting married in a barn, with close friends and family joining us. It'll be a small affair, with snow all around, hot drinks, bonfires, and warm cozy cabins. Afterwards, Kevin and I are going on a six week trip to New Zealand as a long honeymoon. Fellow FOOT leaders Haley Fox ('07) and Angel Hertslet will be attending the wedding.

Beth Fiedorek: In Philadelphia, Beth Fiedorek sifts through paperwork at the Morris Arboretum of the University of Pennsylvania and slices bread at the Metropolitan Bakery. She used her Christmas money to buy a pair of Danskos and adopt a pet cat.

Pat Grimm: After much deliberation, I decided to accept the offer of admission from Uniformed Services University and I am now a first year med student in the Army program. So far I have had a tremendous experience. I really enjoy being back in school and I've made some great friends in just a short while!

Anna Grothberg: Anna is still living in the UK, now in London after a stint teaching at Eton (where she even learned to coach and play cricket, perhaps a new trail game?). Last year, she and fellow FOOT leader Elise Patterson took on southern Spain and Portugal to pay homage to the Alhambra and Alcazar. She loves visitors and there is always a spare bed for FOOT leaders passing through!

Angel Hertslet: Bevan's after an update, but I'm not so sure this squeeze is worth the juice...I've been trudging the tort trenches and cycling the city's side streets. Back to Yale soon for me, but before then, let me leap out of country.

Erin Johnson: Three years later, I am still living in New Haven! Things are good and it's nice to be on campus. Occasionally, I even bump into Cilla, which has been great. I am working at Yale on projects for President Levin and Secretary Lorimer. Basically, I do a little bit of everything -- research, writing, meetings with undergraduate organizations, etc... This summer, I'm really excited to be serving as Director of the President's Public Service Fellowship program. Should be a lot of fun!

Andrew Karlin: Hi All! Hope everyone is doing well! I'm doing well these days. I just switched jobs to take on a Manager position at GLG, a global investment research firm, and I am living now in Manhattan near Union Square. I just recently came back from a 3-month trip to Japan, where I devoted myself to the study of Advanced Japanese at Stanford University's IUC program. While in Japan, I spent some time hiking around Hakone and Mt. Fuji. :) And, the most important update of all - I am engaged! I proposed to Mari-e Takahashi on 1/1/11 at a really pretty restaurant overlooking Central Park. We have not set the date for the wedding, but it probably won't be for a couple years. I miss all you guys, and I'd love to hear how everyone is doing! Please let me know if you are in New York!

Ross Kennedy-Shaffer: I (Ross Kennedy-Shaffer '08) have completed two years teaching in Brooklyn, New York through Teach For America and graduated from Lehman College with an M.S. in Science Education. I will continue teaching Physics, but starting in Fall 2010 at Hunter College High School in Manhattan. I try to get out in the woods as much as possible, although trips out of New York are rarer than I would like. As always, I miss Yale and I miss FOOT and most of all I miss all of you! Let me know at ross.kennedy.shaffer@gmail.com if you're passing through NY; go Moose!

Lynn McGregor: I'm at Harvard working on a PhD in chemistry, so if you're ever heading through Boston, let me know! The students in my section were pretty sad that I wasn't cheering for their school at The Game. In other news, my parents are now living in Anchorage, AK. Dave Lyons came with me to visit them last summer and I can tell you that it's really beautiful country. Tons and tons of wildlife.

John Mittermeier: I just arrived in England a few days ago to begin a masters degree in “Biodiversity, Conservation and Management” at Oxford University. I’m excited to be getting back to school and this course seems to be right up my alley. After finishing my graduate school last fall I spent most of this past year traveling. The majority of it was doing a massive overland trip from Lisbon, Portugal to Hanoi, Vietnam; something I’ve dreamed of doing for a long time. In total the trip took 150 days, involved crossing 26 countries and required many, many long train and bus rides—the worst was the train from Kiev, Ukraine to Astana, Kazakhstan which took 75 hours and required 8 separate border crossings!

Despite the long hours wedged into various forms of public transport the trip was a fantastic adventure and something I’m very glad I had the opportunity to do. Following Lisbon-to-Hanoi I spent the rest of the summer in Suriname organizing an expedition to conduct the first ascent of the Van der Wijck Top, an un-climbed mountain in Suriname’s interior. This was also tons of fun. We reached the mountain without incident but on the return one of our canoes sank in rapids on the Coppename River; luckily no one was hurt we did unfortunately lose a lot of camera equipment and video recordings from the trip. My masters program at Oxford is only one year so next summer I will be returning to the US to begin a PhD in ornithology and evolutionary biology at Louisiana State University...so there is lots more school on the horizon!

Jamie Podell: I moved to Philadelphia in August and am a first year med student at UPenn. (I had been living in DC, doing neuroscience research at the NIH previously.) That's basically it.

Arun Storrs: As 2011 begins, Arun Storrs is off to Nepal as she sets up the non-profit The Kumari Project (www.kumariproject.org), dedicated to providing education and job skills training for Nepalese orphans at the orphanage from which she was adopted. She is continuing to build her eco-fashion line, The RUNI Collection (therunicollection.blogspot.com) - the profits of which go to The Kumari Project. As a side project, she spent 2010 making a feature film with a group of Yalies, called, *Ninja Zombies*. Check out the trailer and await its spring release: <http://vimeo.com/17856222>

Dan Turner-Evans: DanTE is halfway through his PhD in Applied Physics at Caltech, where he spends far too much time indoors researching technologies that seek to drastically lower the cost of solar cells. However, he recently blew all of his green karma by buying a used Rav4 to tootle around LA in. If you're ever in the area, please give him a ring.

Mackenzie Wehner: I'm in my third year of medical school at Stanford and last year was in charge of our version of FOOT (SWEAT) and led a trip in the Sierras, which was a ton of fun. During breaks I've been traveling, most recently to Patagonia's Torres del Paine National Park, where I did a fantastic 8 day backpacking trip. If anyone is thinking of heading down there, definitely drop me a line!

Class of 2009

Mara Harwel is teaching kindergarten in New Orleans. She says she has a guest bedroom that is open for any FOOT alum visiting NOLA!

Edwina Clarke wanted me to say that she "spent the last year in Rwanda and NYC, and has returned to New Haven to wander the halls of Yale Law School or something like that."

Severin Knudsen spent the last year researching and working in New Haven. In July, he got engaged to Emily Moore (BK '09). True to his FOOT roots, he proposed while on a hike, pulling out the ring during a water break at a scenic overlook. He is now living with his fiancée in Charlottesville, Va.

Laura Zatz received her MPH from Yale in 2010 and is now working at The Boston Consulting Group in NYC. She recently adopted a cuddly gray kitten named Oliver who will gladly share the sleeper sofa with anyone who wants to visit us in NYC.

Claire Bucholz has two big pieces of news: 1) She's starting a joint Ph.D. program between MIT and Woods Hole Oceanographic Institution and is studying marine geology and geophysics; 2) She and Devin got married in Colorado in June!

Lizzie Fulton has been living and working in Guangzhou, China, teaching courses in American Studies at Sun Yat-Sen University, which leaves her ample time for traveling around Asia.

Kevin Currey would like you to know that "after a year of running community based-conservation programs in Kenya, I

am back at Yale at the School of Forestry & Environmental Studies, and it is totally unacceptable to pass through New Haven without saying hi to me! (kevin.currey@yale.edu; 310-245-3015)."

Shawn Hickman received a 2-year fellowship to do research at the Yale School of Medicine in the Department of Internal Medicine Section of Digestive Diseases. Next year, he'll start an MD/PhD program at Case Western.

Anna Parks spent 6 months in Argentina in culinary school and is now living in San Francisco and is a first-year at UCSF Medical School.

Dan Fromson reports on his puppy dog et al.: "I've been living in D.C. and working as a web editor for the Atlantic Food Channel (theatlantic.com/food/), the food portion of the website of The Atlantic. In notable FOOT-related news, ex-Poobah Ian recently ended up eating at a Bangkok restaurant opened by someone who writes for the site, and Kelly Livingston and I went rock climbing with (non-FOOT but still beloved) Spencer Gray a few weeks ago. Best wishes to all and come visit in D.C.! You're always welcome on one of my Edgewood-esque house's couches and will be enthusiastically greeted by our 2-year-old part-chihuahua, Kahlua."

Kate Gasner lives in lovely SF and also has a very cute puppy. She also works at an environmental non-profit called Imagine H2O and organizes Meatless Monday potlucks.

Ian Dull is on his way to Burma

Gregor Nazarian says: "Since (world history, psychology, Lebanon. I'm in a city called Aley in I'm just learning Arabic, hiking in Mediterranean. I'll probably be back in the States next fall. Side note: I survived my first few months of lunches out here on a Lebanese version of the FOOT sandwich (cucumber, salsa, and cheese on pita bread)."



and will send more updates soon.

Avani Dholakia is in med school at Johns Hopkins in Baltimore and says..."I miss you all, and I can't wait for this newsletter to see what amazing things you each have continued to do with your time. Recently, I've been wearing my FOOT hoodie and making a lot of late night p.b. and j. with granola and honey tortilla rolls. There really is something magical about that combo. If you're ever in the Baltimore area, hit me up!"

Jon Wu is living in New York City and working as a consultant. He recently hosted a FOOT Ring of Fire in his apartment and the following '09/'10 FOOT leaders were in attendance: Nicky Bernstein, Genna Braverman, Xan White, Laura Zatz, Leslie Golden, Dan Schechner, Michael Boyle, Brian Boyle, Austin Anderson, and Justine Leichtling. Those in attendance hope it will be the first of many FOOT alumni events in NYC.

Class of 2010

Austin Anderson: After graduation I spent the summer working as a fishing guide in Kenai, Alaska, fighting over salmon with grizzly bears and moose. I then moved to New York City, for a slight change of scene, and am looking forward to the spring, when I plan to try fly-fishing in the East River.

Eli Bildner: Upon graduating, I moved to China, mostly because everyone else was doing it. Having lived here for a few months, I've found the Mexican food surprisingly palatable. I'm currently on a Fulbright Grant researching rural entrepreneurship.

Brian Boyle: Working in clinical research at Hospital for Special Surgery, Manhattan. Headed to med school in the fall. Come hang out with me on the lower east side!



Michael Boyle: Michael Boyle strode out of his graduation ceremony on the crest of a wave of euphoria careening towards the boundless shores of the future. But when he found out the love of his life was bound for other shores, his skies grew dark, thunderheads gathered, then squalls and sleet crashed down upon him. He thrashed desperately against the grey icy sorrow that swallowed him, but he could not save himself. He sunk deep into a pit, at the very bottom of the world. New Haven is very far from Colorado.

Liz Breit: After graduation I worked up on a mountaintop in the Hudson River Valley taking kids hiking and mountain biking til the bitter end of American summer. Now I'm living on a research fellowship oceanfront in Tel Aviv, where it's still, pretty much, summer. A lot less hiking here in the city of hulking bauhaus apartments, but I still make good use of my FOOT soft skills leading groups of Jewish and Arab teens through the hazards of English and hosting cooking experiments with unmarked spice kits. I have also been known to occasionally set up camp in city parks and hide my food in trees. Sometimes I wake up thinking I'm back at Yale, mainly when it's raining, and this is very confusing and produces copious bouts of nostalgia. I miss FOOT, crisp fall, New England, and real American trees. I invite you all for a 'tilla and tahina (no pb in this country) if you're ever this side of the Atlantic.

Libbey Davis: After graduation I embarked on a bicycle journey with eleven teenagers and a co-leader from Savannah, GA to Los Angeles, CA. I came out of the summer with intense tan lines, sweet leg muscles, and disappointment that I could no longer healthily consume 7,000 calories a day. After those shenanigans I moved out to Colorado for a two-year position at a major philanthropic foundation out here, but I find plenty of time to hike, bike, ski, and attend the occasional rodeo. Let me know if any of you head out my way.

Doug Endrizzi: Immediately after graduation, I flew to Beijing where I began studying Mandarin. With minimal command of the language, I moved to rural China to teach first year high school students oral English through the Yale-China Teaching Fellowship.

Dan Frank: World Cup, South Africa --> Parents' basement, Brighton Beach, Brooklyn, interning (no \$) at software startup (2 months) --> Nic Steinbach's parents' basement, Boulder CO, working (\$) at different software startup (1 month) --> Proper room for once in Fort Greene, Brooklyn, working (\$) back at the first software startup. This has been for the last 2 months and will likely be considerably more permanent than the last few entries

Jasper Frank: I'm living in New Orleans and teaching GED courses at Delgado Community College.

Leslie Golden: I am currently doing clinical research at the Hospital for Special Surgery in NYC while living in a shoebox in midtown. I am looking forward to a summer of traveling and relaxing before starting med school at TBD in August.

Joe Hsu: I've been living in Bethesda, MD (right outside DC) and working at a small investment firm. More importantly, I've been playing football in a rec league called ZogSports, which is a co-ed social sports league that donates a portion of its revenues to charity.

Wiles Kase: I'm now living in Boston (Brighton, actually, near Cleveland Circle hit me up) in what was once Matt LaCasse's bedroom. He moved out and I moved into this huge house in December, joining Chris Termyn, Liza Anguila, Kevin Pope and two other non-Yalies. I currently work at an economic consulting firm called Industrial Economics, which does economic analysis for EPA, Fish and Wildlife Service, and other related environmental regulators (like Deep Water Horizon litigation, etc.). My nights are spent longing for hiking and Thai Peanut Pasta. This summer I was at home and coached my high school tennis team in the fall. Hope to see many of you soon. Either find me in Boston or I'm often back in New Haven visiting my girlfriend Lauren Hunter who is in the MPH 5-year program.

Matt LaCasse: Blackout in boulder! Gesundheit!

Christine Levy: Since graduation I have taken a cross-country road trip and moved to Seattle with Keen-wearing, Subaru-driving, tech-savvy friends. I have been working in hospitals (have scrubbed in on surgeries!) to try to make their organizational structure and effectiveness better. My job has ironically not been in Seattle at all, but I've been in fun places like San Francisco and LA; this gives me the sun that I miss so dearly up in the rainy city. I have seen a total of 2 FOOT leaders on the West Coast since graduating (shoutout to Libbey and BT), but I desperately need to see more. This means that people haven't yet discovered the Rocky Mountains, the Olympic Mountains, or the essential FOOT-ness that is the West. Come on over!

Aaron Littman I am writing to let you know that my Yale email address will no longer work, since I graduated last spring. To correspond with me, please use aaron.littman@gmail.com instead. For the next year, I will be at Cambridge University, getting an Master's degree in criminological research. If you are in England at any point, I hope you will let me know. To send me mail there, please address it to: Aaron Littman, Sidney Sussex College, Cambridge CB2 3HU, United Kingdom. I will check messages on my American cell phone (617.529.6299) periodically, but if you would like to call me, please use my British cell phone number, which is +44.7969.097951 when dialing from the United States. Calling to the United States from my phone will be free, so please feel free to call, text or email to initiate a conversation; I will call you back. You can also reach me on Skype, either by my username (aaron.littman) or by dialing 617.963.8328 from any phone and entering extension #909 when prompted - this will ring through to my computer, and you can leave a message if I am unavailable. I am enjoying the opportunity to ride my bike everywhere and learning how to punt. I am planning some "hillwalking," as the Brits call it, during this term. I'll be back in New Haven next year for law school. Please keep in touch. All my best, Aaron

Craig Minoff: After graduating from Yale, Craig ventured to the great state of Alaska with D-Schech to take on Grizzly Bears with thai peanut pasta. Since then, he has moved to Chicago where he hosts as many FOOT leaders passing through as he can manage (hit him up if you are in town!). Work is going well, but he misses Rings of Fire...

Caity Richards: Since graduating, Caity has traveled in Turkey, moved to NYC, realized that lifestyle was a bit too \$-intensive for her, and made her way back to Boston. She currently lives in a cool (and cold) apartment in Jamaica Plain, MA, where her hard skills and slipper socks come in handy. She spends about as much time doing desirable work as she does looking for more desirable work to do, and is perhaps more of a capitalist than she realized. Despite the new little chills of post-grad life, she's having a great time in Boston, in no small part to the other members of FOOT 2010 who've begun to call this city their home. Open invitation to all, anytime! We can even roast marshmallows over my space heater. Lots of love!

Molly Rubenstein: Since graduation I've been mostly on the move, hitting Paris, Sweden, Norway and down home Brooklyn before ending up in Washington, DC, where I'm writing the history of a think tank that's closing down while I figure out what's next (and enjoying a satisfyingly crunchy, home-brewing, enviro-internationalist, wagon-wheel-listening, FOOT-reminiscent group of housemates).

Dan Schechner: something like working for an investment bank in their renewable energy investment group in New York. Currently spending most of my time trying to remember all those Spanish classes because they keep sending me down to Mexico.

Tom Schnitzer: Since graduating in May I spent a fantastic summer wandering around New England swimming, hiking, biking, and running. I moved to Cambridge in the fall and am trying my hand at the management consulting lifestyle. I'm cross-country skiing whenever I can in the midst of this fantastic snow winter.

Tom Stipanov: I graduated this December because I took time off to go abroad. I just got back from Hawaii and am going to find an internship in either San Diego or the bay area before this summer, when I will finish Marine Corps officer training.

Becca Summer: A week after graduation I moved out to Denver, Colorado where I've been working at a non-profit called Volunteers for Outdoor Colorado. I love the people, the parks, the skiing and the hiking. My house is open to FOOT leaders any time!

Erin Walsh: After officially graduating in December/January, I am interning at an environmental consulting firm learning to spit off random letters and numbers in succession in the hopes of citing the correct statute, method, requirement, procedure, etc... Imagine bingo with crossfire intensity....

Olivia Wheeler: I am working for an architecture firm in Boston- I am building tiny little buildings mostly because they're just so adorable. I plan on going on an epic road trip in the very near future and I'm going to hike something like, I donno 4 awesome mountains. and by mountains I mean cool treks. anyhoo- if you know anyone who likes hiking, let em know that I have plenty of room in my small car and if they're willing to buy tortillas I'm willing to buy salsa. and a leslie golden to be my personal chef.

Sarah Wolf: After graduation I moved to Berkeley, California, where I started work at the UC Berkeley Hillel. They pay me to take students out to coffee. My job also includes learning guitar and planning a spring break trip to a farm near Santa Cruz. I plan to move back East either this fall or next for rabbinical school in New York City.



And some news of **Cilla**: Steve and I are, obviously, still in New Haven. Steve is now emeritus from the forestry school, but he is as busy as ever. He still has a research appointment, he is writing books, and he is involved in several green business ventures. We were recently rewarded with an investment in a company that deals with E-waste. I am, obviously, still running FOOT, teaching at Hopkins, and trying to stay healthy and fit. Probably the most rewarding work I am doing at Hopkins now is I am head of the Sustainability Committee and am working hard to make the school a “greener” place. You can check out our efforts at: www.hopkins.edu → Beyond the Classroom → Sustainability at Hopkins. The green school movement is exciting! I recently gave a lecture to the entire sophomore class on the Atlantic Cod Fish—its history and current status. If you haven’t read Mark Kurlansky’s book on the subject, I highly recommend it! We still travel. Recently we were in eastern Europe and we just returned from a quick trip to St. John. I am still loving Vermont and the Vineyard and welcome any and all FOOT Leaders for a visit! I hope all of you are well and healthy! Stay in touch: priscilla.kellert@yale.edu!

Lots of love, Cilla

Here we (Steve and me) are outside of Bratislava, Slovakia.



Appendix

This is an especially long letter—so I decided to put it in an Appendix!

Letter from **Charles Park**, Class of 1996:

Please excuse the over-dramatization of some parts, it's been 10 years since I wrote it! Take care, Charles

One month after graduation, two days after returning from a trip to Utah and Nevada, I packed my car with some belongings and headed down to Washington, DC to begin work on the 7th floor of the Hart Senate Office Building on Capitol Hill as a Legislative Correspondent for a U.S. Senator, Bill Bradley.

As a Legislative Correspondent, my job was to extend the reach of the Senator in his interaction with constituents. I responded to hundreds of letters and telephone calls that the Senator would receive weekly in response to particular votes or thoughts related to a range of domestic issues that included agriculture, civil rights, crime, energy policy, environment, guns, judicial issues, housing, science, senior citizens, terrorism, transportation, and urban issues. My responses, written in the Senator's voice, would set forth some background information and the Senator's position. In addition to writing letters, I represented the Senator in meetings with lobbyists, student groups, and constituent groups.

Out of necessity, in a short amount of time, I learned a lot of details about policy as well as the nuts and bolts of the legislative process. What I found so rewarding and humbling about the job, however, was the opportunity it gave me to interact with so many different people who understood that they had a relationship with their elected representatives and believed that their voice would make a difference in what their government could do to improve their lives. Of course, mediating this relationship between constituent and representative proved challenging at times, especially when it came time to respond to personal telephone calls, without the usual luxury of having an opportunity to devise a measured response:

"I've been asking the Senator for his favorite bean soup recipe. Why haven't I been able to talk to him?" an elderly woman jabbed into my ear one day, most likely passed on to me by the receptionist due to the 'agricultural' nature of her question; or "Are you one of them?!?" a man yelled angrily into my ear, moments after my boss had cast a vote on the C-SPAN television channel supporting the Employment Non-Discrimination Act amendment, which would make it illegal for employers to discriminate against employees based on sexual orientation. I rightly assumed the man was asking me if I were gay or bisexual.

One of the most eye-opening things for me about how laws are made and changed on Capitol Hill was the extent of power held by ordinary legislative staffers, including legislative correspondents. No one knew this fact better than the lobbyists who waited in our reception area, who were undoubtedly surprised to find a recently college educated, 22 year-old with East Asian features fielding their presentation in place of a 6'5" N.B.A. Hall of Famer U.S. Senator. I marveled at the respect I commanded, simply because of my position. Sitting back and being lobbied, being the one to listen, ask questions, evaluate the strengths and weaknesses of their case, in my own time, suited my personality. Other times, not much evaluation was necessary; I am reminded of two times in particular. I was offered a helicopter tour and cabin stay in sections of the Tongass National Forest in Alaska to thank me for what my boss had preserved when he successfully fought a logging amendment in the Energy and Natural Resources Committee; on a different occasion, four large men who headed a company that specialized in constructing waste containment facilities in Nevada argued vociferously that the "people of Nevada" wanted Yucca Mountain (located in Nevada) to be designated the national nuclear waste repository because it was good for the state's economy.

In a more uplifting story, during my fourth month on the job, I witnessed a bill that my boss had authored get signed into law. The legislation, which made it illegal for insurance companies to kick new mothers out of the hospital less than 48 hours after natural delivery or less than 72 hours after caesarian delivery unless there was consent from both the mother and her physician, had been drafted by our legislative staff, who had been bombarded the previous year with snippets of a *Good Housekeeping* magazine article raising the issue and asking readers to write to their U.S. Senator.

Although most of my days working on Capitol Hill were filled with pride, excitement, and constant absorption of knowledge, there were also days that were encapsulated by feelings of impotence, frustration, and disconnectedness with the people I felt we as the national legislative government should be trying to serve. I witnessed bitter partisan battles on the Senate floor over tiny amendments on pieces of legislation that clearly affected one special private interest, while issues related to the health and education of children in poverty received nary a mention. I vividly remember how quickly my pride in working for my nation's government shriveled the morning I sat with a delegation of Navajo American Indians and had to explain why my boss couldn't reverse a 1870s land treaty that was leading to an excavation project by a mining company, on land the Navajo considered sacred. The U.S. Government at the time had essentially bribed several individual members of the Navajo, not including the chief, into signing the treaty without the consent or knowledge of others in the tribe. The representatives of the Navajo who had come to meet with me – a cattle rancher, two medicine men, and a young translator – had walked into the conference room with hope and expectancy in their eyes; they were meeting with a representative of a U.S. Senator who had in his past proposed legislation to return the Black Hills (South

Dakota) lands considered unjustly taken by the U.S. Government, back to the Lakota-Sioux tribes. In preparation for this meeting, I had read about the Navajo and now understood that their way of life and spirituality resided in their nomadic herding lifestyle over sacred lands, which were soon to be torn up in search of valuable ore. I did my best to show that I understood the gravity of their predicament, but also attempted to carefully explain what was happening in the legislative process that made it impossible for the treaty to be reversed. “The pain I feel in my heart drips from my eye to the tip of my last toe,” one of the medicine men said to me. It was only later when he turned his head to face the door and leave that I noticed a moist trail from the edge of one eye to his chin. As I walked them out, I knew that I had become just the latest face to represent the same government that had taken their land. After discussing the meeting with the Senator’s top legislative advisor, I was unable to concentrate on my work for the rest of the day. Being in a position to listen to suffering, and being able to do so little to remedy that suffering, even on the individual level, was hard to accept. In December 1996, my boss retired from the Senate. Two days after my last day of work, I flew to Rome, where I lugged clothes, two dozen books, and music manuscripts onto a train that stopped in the small town of Monopoli, in southeast Italy along the coast of the Adriatic Sea, where I was to study piano with Pasquale Iannone at the Piccinni Conservatorio del Musica. I went to Monopoli because the opportunity presented itself (I had been invited to the conservatory by a man who had judged me in a piano competition when I was younger), and because it felt like the best way for me to break with a continuing commitment to a career in government and policy. Although I saw the merits of working towards large, systemic policy changes that would affect great numbers of individuals, I sensed that “policy” was often remote and disconnected from the needs of individual flesh and blood people. I looked upon my time in Italy as an opportunity to learn more about how I envisioned my place in the world, and to think clearly about what I could do with who I was. During my first weeks in Monopoli, I came face to face with feelings of isolation and exile, and observed myself struggling to maintain a balanced mood on which I had traditionally prided myself. I had arrived in Monopoli with no knowledge of conversational Italian, and had not met anyone who had an English vocabulary of greater than 20 words. On short walks down the street to buy fruit on the corner, I was shadowed by long stares that brought passing mopeds to a halt and women sweeping their balconies to a silent standstill. I began to prefer leaving my room under cover of night, to hide from the intensity of constant scrutiny whenever I stepped away from my room. I felt alone in the world, and did not know how to cope with this new, overwhelming hollowness that burrowed in my stomach. I would wake up in the middle of the night wondering if a memory that I had of something was real or not. With no evidence anywhere of who I had been, I felt isolated from myself.

It was from such a state of displacement and loneliness that I began to read, and read, and read. I had brought books of literature, philosophy, history, economics, science, fantasy, religion, and myth, and I read four books at one time, cycling through four different subject areas, desperately seeking connections between ideas that came off the page. I kept copious notes in small journals of my readings and my thoughts, and the connections I formed between the ideas that I encountered gave me intense bursts of happiness and a grounding on which I felt I was able to stand. I had heard that many writers were most prolific in times of exile, and I believed I had begun to understand why that was the case. For the first time in my life, I craved knowledge as a salvation from loneliness, and that desire drove me to read in the quiet of entire nights, throughout days with short naps, locked in my room at times for several days on end.

By the time the conservatory opened in late January, I had studied enough Italian on my own to be able to ask enough questions of people to engage in conversation, even if I didn’t completely understand what was being said to me. As I was forced to be in public more and interact with people who were warm and curious about who I was, I realized two very important things about myself:

One, I had considered myself an “outsider” ever since such a concept had been made apparent to me. This self-image, I knew, was based on my different eye shape from the majority of people I had lived amongst my entire life, as well as my natural tendency towards introversion. It was also further heightened by two summer trips to South Korea in my early adolescence, when I was treated as an outsider by people of the country of my parents’ birth. It was a startling feeling at the time to feel that I could claim no land, comfortably, as my own, because I wasn’t sure that any land would accept me as their own. Now, I decided that I would not base any part of my identity on ideas of “outsider” status, but to treat myself with the same sensitivity I treated others, as individual human beings.

Two, I knew that throughout much of my life, my feelings of being an “outsider” had been masked by the fact that I usually had to make very little effort to engage in relationships. People tended to come to me. I realized that to build a place for myself in the community of Monopoli, I would have to take initiative in engaging in relationships, and even more challenging for me, do so without the “crutch” of people knowing who I was based on what I had achieved or what they knew I could offer them. My relationships with people would have to be based on the person I was when I stood before them, trying to communicate verbally with a limited, bumbling knowledge of Italian. I would have to accept the results with dignity, and accept who I was.

It was shortly after I made these realizations that my feelings of isolation and exile began to evaporate. Although I continued a rigorous reading program, I passed time learning to play soccer with children and teen-agers, learning much colloquial regional Italian in the process. I began to form relationships with fellow students at the conservatory, and met their family members and friends. Every evening, when most of the town came out to the main *piazza* for a stroll

designed to greet the others of the community, I joined in. As my Italian improved, I found myself seeking out older people in the town whom I found interesting, and trying to elicit stories from them. Every time I ventured into a new part of town, I was gawked at, sometimes laughed at, but it no longer affected me negatively, for I had begun to understand why someone who had been born and raised in Monopoli might find the sight of me so astonishing. Besides, every time I decided to engage a gawker in conversation, I saw that I was transformed from an object to a human being of some interest value.

I type so many words on my personal realizations in Monopoli and so little on my supposed reason for being there, piano, because it was this new way of facing myself with honesty, and getting to know myself well enough to come to important realizations, that made my time in Monopoli one of the most important of my life. I don't want to sound too hokey, but I would also sit quietly each day for long periods of time on a large rock facing the Adriatic Sea, breathing, listening to the water, watching the colors of the water and the sky, until I was able to close my eyes and try to clear my mind of any thoughts. On some days, I experienced moments of understanding my self with more clarity. I'll give an example. When I opened my eyes one day while sitting on the rock, my line of sight was resting on a large, pearl-white stone lying in the water below me. The sight of it moved me immensely, and I could picture Gabriel Garcia-Marquez's image of stones that lay like prehistoric eggs in a river. My first thought after recognizing the beauty of the stone was, I'd like to have it. I'll take it back to the U.S. with me as reminder of my days sitting on the Adriatic Sea. Maybe I'll use it as a paper holder on my desk. Slowly, the desire to possess the stone became overwhelming, and I began to stand up from the rock to pick up the stone before an incoming wave pulled the stone back to the sea. But I stopped. What was this desire to possess and where had it come from? I forced myself to sit down, close my eyes, and take slow, deep breaths until the desire to possess the stone began to subside. I looked at the stone again, and made a compromise. I would step away until the next day, and if the stone was still there, I would take it. The beginnings of an ability to control my instincts and desires was empowering.

Towards the end of my stay in Italy, I decided that I wanted to explore the field of law when I returned to the U.S. I had witnessed in the town of Monopoli the relative unimportance of laws. In fact, I had repeatedly heard different people say "no one respects the law here." This made sense to me in a society where virtually everyone shared the same common ancestry, religion, cultural customs, language, holidays, general physical appearance, etc. In such a community, there was a widespread sense of what was right and what was wrong, and laws were rarely needed to articulate these values. I contrasted this in my mind with my own country, where laws needed to serve as a carrier of values for an incredibly diverse array of inhabitants. Knowing what I did about the entities who had the most say in the creation and alteration of laws, I wondered what happened when people who were marginalized and had no voice in the creation of laws bumped up against these laws during the course of their life. I wanted to work in a field of law where the law touched the most intimate parts of peoples' lives: their family, their basic rights, and their health. And I wanted to work for individuals who were essentially powerless without the aid of competent attorneys who could give them a voice in an arena that mattered – the courtroom.

The legal field had attracted me for two other reasons. One, I saw in trials and the courtroom a larger-than-life event that relied on exquisite preparation and ability to perform under pressure, something that I believed I would be successful at. Many of my favorite novels had contained courtroom drama that left indelible stamps in my mind: *Native Son*, *The Fountainhead*, *The Brothers Karamazov*, *To Kill a Mockingbird*... Second, having worked briefly in public policy and rarely witnessing work that successfully addressed the suffering of marginalized individuals, I wanted to be an advocate for individuals and families on the edges of society who were getting a raw deal when they brushed up against the law simply because of where they lived or into what circumstance they were born, or because of their lack of education or financial resources. I saw in law a concrete way to make something happen, a powerful tool for tangible change.

In June 1997, I left Monopoli and moved to Mainz, Germany for two months, to give voice-piano recitals with my friend David who had been studying at a conservatory in Mainz. After my return to the U.S. that summer, I took the Law School Admissions Test and began a job search that would end in lower Manhattan at a small, public interest law firm called Lansner & Kubitschek that specialized in civil rights actions, family law, social security medical disability law, child welfare cases, and police brutality cases. Two meetings with the members of the firm, four lawyer, four legal assistant, five clerk firm convinced me that the firm's work on behalf of a largely disadvantaged, socially and economically marginalized clientele was what I desired, and that I would be able to take on as much responsibility as I could handle, with the exception of arguing before state or federal judges, which required a license to practice law.

I was told on my first day of work that I would learn how to do my job through trial by fire, and they were not kidding. With the firm's small staff handling over three hundred matters, there was hardly anyone with the time to train me in even the most rudimentary concepts of legal practice. I was immediately given a book on practicing medical disability law written by one of the partners to learn the basics of representing individuals applying for Social Security benefits due to medical disability. I sat in on prospective client intakes and observed how the attorneys evaluated the merits of a potential client and their claim through precise, analytic questions. I accompanied a fellow legal assistant and watched her represent a medical disability client before an administrative law judge; I was told afterwards to be ready to do the next hearing on my own. On my third day, I was handed twenty cases, told to familiarize myself with the sequence of facts

present in each, then call each of the clients to introduce myself. All the while, I struggled to comprehend the foreign nature of the legal language spoken all around me: *pleadings, discovery, civil procedure, cites, notice of claim, affidavit, petition...*

The clients and the stories that I came to know demanded every ounce of my emotional energy. They were stories of battered women moving shelter to shelter to hide from their abusive partners, children physically and sexually abused in inadequately supervised foster homes, an astonishing number of children who had been removed from their families and placed into foster care by city caseworkers without a court order, all from poor and minority neighborhoods, based on charges of child neglect that were over 90% of the time later found to be completely unfounded in a court of law. I was acutely aware of how much my clients depended on the quality and commitment of our court representation, and even though most of our clients did not have the means to pay us for our services, our firm took pride in working at an extremely high level of intensity throughout every work day – we understood that it was no exaggeration to say that the quality of our clients' lives were in the balance, and some of the cases we were pursuing had the potential to change the behavior of certain city agencies and of changing the interpretation of certain laws by future judges. Having so much at stake in the lives of the people for whom I was working was immensely rewarding. I savored the feeling of being relied upon, and being in a position where I could help remedy suffering, whether through concrete legal action or through carefully explaining the maze of procedures and terminology that made up city, state and federal legal proceedings. One of my greatest joys was watching the anxious, hard faces of prospective clients begin to relax and even smile when they began to understand their situation and see possible avenues of action to redress wrongs that had been suffered in helpless silence.

As months passed, and the arsenal of legal tools I acquired with which I could advocate for my clients increased, I took on more and more responsibility for the management of my cases. My caseload soon expanded to over one hundred cases. I was screening prospective clients through interviews, dealing with the opposing attorneys on my cases, serving as the main point of contact for my clients, drafting letters and legal briefs (I learned how to write in legalese and perform legal research through the partners' revision of my work and by reading others' briefs), representing clients in administrative law courts before judges at welfare hearings and medical disability hearings, filing the papers to begin lawsuits and responding to lawsuits, preparing clients for depositions, planning questions to cross-examine opposing witnesses; as I gained the trust of the partners through the competency, efficiency, and manner of my work in what was a very difficult, stressful environment, they gave me the freedom to take on as much as I could possibly handle.

Lansner & Kubitschek was where I had my first work experience with health care. To prove a client's medical disability before a judge, I would synthesize hundreds of pages of treatment notes, surgery reports, radiological and blood test findings, prescriptions, etc. into a cogent legal argument to demonstrate my client's inability to sustain gainful employment. If I established that the medical documentation for an aspect of their disability was thin, I would find my client a doctor who would perform an evaluation. I would speak to the client's treating physicians and nurses to get a deeper picture of the client's medical history and course of treatment. With medical texts such as *Stedman's*, *Merck Manual*, *Physician's Desk Reference*, and *Harrison's*, I studied my client's diagnoses and deciphered the medical shorthand on her treatment charts, made note of her complaints, reviewed her medications and possible side effects; in sum, I made it my business to know my client's health record better than anyone else, including the client herself. The work also necessitated daily interaction with the clients - helping to deal with the stresses of being involved simultaneously in a legal and health struggle, and explaining in more understandable terms what I had learned about their medical condition. I was disturbed to find that most of my clients had little personal rapport with their medical caretakers and harbored, with their loved ones, unanswered questions about their condition, medications, and prospects. I represented individuals with lupus, cerebral palsy, uncontrolled obesity, severe mental illness, rheumatoid arthritis, HIV, cancer, myriad forms of vertebrae damage, rare blood disorders, devastating work-related accidents, and so forth. Preparing for a medical disability hearing was an intimate journey between my client and myself. I wanted to know a general history of my client's life and family, and I wanted to see them and speak with them enough times to know how best to elicit their testimony in the courtroom, so as to prepare them emotionally for questions from the judge and medical-vocational experts who were sometimes called to testify. I formed meaningful relationships with many of my clients. I learned little things that were not so little, like how much it put my HIV clients at ease when I physically touched them on a regular basis, even after I knew of their diagnosis.

I won many victories for many medical disability clients, which provided those clients with a dignified source of income on which they could live and sometimes even help support other members of their family. My happiest moments with these clients, however, was not when I received a judge's decision in the mail weeks afterwards, but the moments just after a hearing had been completed. It was in those moments that there was usually a mutual joy to be shared between my client and myself. For me, the joy of advocating for something and someone I believed in, and using every ounce of my presence and education to fight for that cause. For my client, the evaporation of fear and shame after the opportunity to speak to a judge and tell their own story, in their own voice – perhaps the first time they had been listened to by any symbol of authority in this country.

Given my love of books, the observant nature of my person, and my desire to produce work uniquely my own, it is probably not surprising that for a very long time, it had been an ambition of mine to do creative writing. The stories that I heard and the courageous people whom I met inspired a desire to capture in my own words these lives in an America I had never really known existed. Furthermore, as I became more and more intensely involved in my legal work, I noticed several negative changes in myself that began spilling over into my personal life. One, I found myself becoming more argumentative in conversations with friends and loved ones outside of work; I would unconsciously ask questions in a manner that were designed to direct answers and lead to a point. Two, I found that my brain was processing the world around me in a more linear, logical, and narrow fashion; I struggled to give attention to observations that did not have possible legal consequences, and I found myself less able to form creative connections between new and different ideas, which had given me much joy while in Italy. Third, I saw that my writing technique was quickly deteriorating as I churned out pages of unwieldy, passive-voice legalese that was by tradition favored by the legal community. To deal with this situation, I joined a writer's workshop that met once each week. For the following year, most of my waking hours not in the office were dedicated to writing and revising short, creative works. Elements of my writing technique improved, I was taken under the wing of an editor/poet named Jacob Miller, and in my last months working at Lansner & Kubitschek, a short story that I wrote, "Warmth," was selected to be a part of an anthology that was eventually published by Byzantium Press in 2000 as the *Yorkville Anthology of New Writers*.

On my last day of work for Senator Bill Bradley in December 1996, the Senator called me into his office to thank me. As our conversation ended, he told me to stay in touch, then said, "I'm going to need you in two years." There was no doubt in my mind what those words, at the same instant so wonderful and awful to me, meant. "Anytime, anyplace," were the only words I could think to reply. Bill Bradley was the only public figure in my life I truly admired and trusted to the level of faith. There was no question in my mind that I would drop whatever I was doing in my career, at whatever time, to work with him if he ever called in need. I also believed in my heart that our voting electorate was not prepared to elect a man so private, so decent, and so thoughtful.

In December 1998, I was watching the morning news on television when I saw my former boss declare from a community youth center in Newark, New Jersey that he would challenge the sitting vice-president, Al Gore, for the Democratic nomination for President. When I walked into work that morning, the partners asked me if I would need to take a leave of absence. I told them that I would try to fulfill as many commitments to my clients as I could, before leaving to work full-time on the campaign. For nine months, I continued to work at the law firm while traveling to West Orange, New Jersey in the evenings to volunteer my time to the campaign. In September 1999, I joined the campaign full-time as a political researcher.

From the very beginning, Bill Bradley ran an unconventional political campaign. To start, rather than using polling to determine the issues on which he would run, he decided that he would stake his candidacy on what he called a few "big ideas," then stuck by them the entire duration of his candidacy. His central themes: use this time of national prosperity to address the plight of the 44 million Americans without health insurance in this country and the unraveling safety net of the Medicaid program; address the plight of 13 million children living in poverty despite our country's economic good times; put race relations on the forefront of national discussion; and restore citizen faith in our democratic process by promoting a "different kind of politics" – one of ideas and not of ten-second sound bites and personal attacks, and by enacting meaningful campaign finance reform. Secondly, Bradley assembled his campaign staff not with the experienced political professionals, interest group insiders, and political opportunists commonly found on most political campaigns, especially on the national level, but by drawing together a team of the best minds in the private and public sector he had encountered in relationships he had cultivated over the years. It was because of who Bradley was and his unconventional campaign that he attained some early success in the course of the campaign. But it was these same factors that proved to be his downfall when his opponent was able to exploit our campaign's weaknesses with all the entrenched power of eight years in the White House and the willingness to deploy the entire arsenal of traditional political tactics at his disposal.

The behind-the-scenes battle between political campaigns begins with each side's research team. The six person research team of which I was a member was responsible for knowing, and documenting, every possible detail of the lives of our candidate and that of our opponent: their articulated positions on every conceivable issue at any given point in their life as evidenced by anything in any public record, including interviews, speeches, press releases, and votes; negative and positive incidents in each candidate's life that might be unearthed by the media, including things related to family, legal issues, personal finances, money raised for campaigns, relationships with prominent individuals and interest groups, etc. With this information, we served as a truth squad. Our opponent's claims were immediately checked for accuracy, and distortions and exaggerations were immediately pointed out to the media, with full documentation; all output from our own campaign, including that of our candidate's speeches and comments, were reviewed and approved for defensibility. When our candidate was attacked, we provided a prepared refutation and launched our own counter-attack before the story was aired or even published, sometimes "killing" the negative story. In preparation for debates, which became such a critical aspect of our race, we briefed our candidate on how his strengths and weaknesses matched up to his opponent's on every conceivable issue area, and we prepared our candidate for how to respond to potential attacks and where to probe at his opponent's inconsistencies and vulnerable areas. During the actual debates, we produced rapid-response documents

for press distribution minutes after statements were made during the debate, to correct or counter assertions made by our opponent that had dubious factual basis. To do this job, we relied on media monitors and transcribers to monitor every piece of information related to the campaign that reached any form of media outlet, including television, radio, internet, and print. I was one of two people, the other being our campaign research director, assigned to covering our own candidate's life, record, positions and proposals – and defending him against attack. There was nary a moment of rest during the entire campaign.

Work on the campaign was life consuming. I spent 14-20 hours a day at campaign headquarters, seven days a week. I isolated myself from all aspects of my life that were not related to the campaign. I could not wait to begin work each day. For most all of us on staff, we worked not on a political campaign, but as if on a crusade. We believed, as our candidate believed, in a new health care system that would make access to quality affordable healthcare possible for every child, adult and senior in our country. We believed, as our candidate believed, that it was unconscionable in this time of national economic prosperity that 13 million children would be growing up in poverty. We were idealists and patriots, demanding that the rest of the country pay attention to the gap between what our country was and what it could be. Occasionally, some of what we tried to convey filtered into the national media – in newspapers, magazines, network news – and it was an incredible rush to feel so connected to the national information network. For the first time in my life, I felt like an activist, helping to push forward ideas that were not on the national agenda, ideas that gave voice to the needs of people most voiceless in our society.

Working with as much intensity as I did, under conditions of near constant unpredictability and time sensitivity, had severe consequences – on my relationships with my friends, my loved ones, and my health. I was involved in two serious car accidents, in some part due (I believe) to the physical and mental exhaustion that constantly lingered in my body. I grew overweight from lack of sleep, exercise and proper nutrition. I suffered for two months from a paralysis of the right side of my face called Bell's Palsy, which I believe was related to the stress of the car accidents and poor overall condition of my body (I rested by taking an afternoon off to go to the emergency room, then took one day - New Year's Day - off.) In March 2000, the Bradley presidential campaign came to an end. For so many of us, the end was bitter and disillusioning. After putting my entire being for every waking moment into one thing, I was lost when the campaign ended. I decided that I should rest for a long time, regain my health, and try to regenerate some personal relationships before deciding what to do next. The day Bradley gave his concession speech, my research director received calls from the campaign managers of two Senate campaigns for permission to talk to me about hiring me for their campaigns – they represented Governor Tom Carper of Delaware and Hillary Clinton of New York, involved in two of the three most hotly contested U.S. Senate races in the nation. I told my boss to politely pass word that I had entered work in politics because of Bill Bradley, not as a hired professional, and that I would be taking a break from politics.

A few weeks passed. I tried to catch up on rest, but the bad taste in my mouth lingered. I felt like I had made an enormous personal investment in politics, and that I would be throwing away valuable capital in my current status and connections if I did not work on one of the high-profile Senate races that might determine which political party controlled the balance of power in the U.S. Senate. I began to receive encouragement and praise for my work from members of the Democratic National Committee, and accepted interviews to meet with Mrs. Clinton's campaign (who already had a director of research) and Governor Carper's campaign. I was impressed with the Governor's personal background, achievements in Delaware, and down to earth manner. I was also informed that the race in Delaware was much more of a toss-up than the race in New York. In the end, I gave in to ambition and accepted the job in Delaware to direct all research for the Governor's campaign against his five-time incumbent and Senate Finance Committee Chairman opponent. By the time I moved down to Delaware, national political pundits had dubbed the race "Clash of the Titans," in reference to the battle between two popular public figures in a small state, neither of whom had lost an election in over two decades.

As a former five-term Congressman and two-term Governor for Delaware, my new boss had a tight-knit inner circle that was not initially welcoming to a 26 year-old from outside of Delaware who was hired to identify the political strengths and weaknesses of their Governor and his opponent, then plot the outline of the overall campaign message and strategy. By carefully cultivating key personal relationships and winning their confidence through the quality of my work, the group adopted me into their confidence, and I quickly gained the trust of the Governor. I had accepted the job in Delaware in part because of the access I would have to the candidate and the voice I would have in directing campaign message and strategy. I was not disappointed. In addition to the duties I had during the Bradley campaign, I began to write drafts of radio and television ad scripts, as well as providing language for campaign literature and speeches. In the end, my two experiences working on political campaigns were very different. While the effort I put into the Bradley campaign seemed rooted in desires and commitments deep within me, the work I did on the Carper campaign was about the mechanics of winning political tactics and strategy. By the time Carper had won a seat in the U.S. Senate with a 12 point victory over his opponent, I had learned much about the people of our country and how to attempt communicating to them on a mass scale through sophisticated polling techniques: how to make people pay attention, how to use specific words to move them, and how to manipulate the media and the subjectivity that permeated articles submitted by political reporters. In all, what I learned was discouraging and deeply disappointing to me. I learned that

what was often successful in politics tended not to be about idealism and what was possible, but about tactics that reflected the lesser angels of our human nature. I witnessed a deeply rooted ambivalence to politicians and politics in general as non-relevant, self-serving, and operating for the benefit of special interests.

On Election Night, November 2000, as champagne flowed and a nine-month sojourn in Delaware of 18-hour workdays, seven days a week, came to an end, I was surrounded by ecstatic faces eager to head to Capitol Hill in Washington, DC with their important new positions. I smiled too, but inside there was an emptiness that I knew did not justify the time and effort I had poured into my work on the campaign. I knew I had cultivated valuable relationships and honed skills that would be useful for promoting a better government that was more responsive to its people, but I also knew that I had come to Delaware to satisfy my ego and experience a taste of power. In retrospect, I found neither admiration for my work or access to power all that satisfying.

In the weeks following the campaign, I helped Carper in his transition from his role as Governor to future Senator, and let him know that I would be leaving after his inauguration in January to go to Guinea, a country in West Africa, to teach English to high school students. In the meanwhile, I collected applications to law schools throughout the country.

In early December 2000, while riding home on a 1:20 a.m. train from New York City to Princeton Junction, sitting next to a mother and a young boy who with one small smile raised my entire spirit and reminded me of how much I had missed working with children during my forage into political campaigns, it occurred to me that my tendency to tackle intense, all-consuming jobs before quickly moving on to another such job was a lifestyle that was not sustainable or conducive to good long-term health. I wondered if there was a profession I could picture myself doing, not for just 2-3 years, but for 20-30 years. I pulled out a small notepad and began to make a list of things that would give me joy in any work that I would do. The words came easily and swiftly. I wanted to be around children. I wanted to work with my hands. I wanted work that would allow me to interact regularly with a wide diversity of people and relate to them in a meaningful manner. I wanted to earn peoples' trust and have them depend on me. I wanted to ease peoples' suffering. I wanted work that was pure in its intentions. I wanted work that involved skills that were developed over time like a craft, skills that would always be open for improvement and refinement. I wanted work with challenging and creative elements. I wanted work that would allow me to travel and be able to apply my skills at the same time.

I closed my notepad for a moment and thought about who I was. I had been thinking about becoming a lawyer for the purpose of being a forceful advocate for the rights of the marginalized and disadvantaged in this country through a lifelong series of battles on their behalf in courts of law. I had also wanted to be a lawyer as a tool of defense in an increasingly litigious society where sometimes, the only hope of getting the attention of a corporation or government was through legal action. Lastly, I had wanted to be a lawyer because I loved the idea of my country – that of a people united by a common set of principles and rights, not by ethnicity or race – and knew enough of my country's history to realize how fragile the promise of my country had been, and could be, to its own people: I think most prominently of our treatment of American Indians, African Americans, Japanese Americans, Jewish Americans, now Arab Americans. In reality, I knew that I was not a natural activist; in fact, rather than seeking controversy and relishing a fight, I was more inclined to reconciliation and peace. To do what I wanted to do well, I would have to be an articulate public speaker and debater, and hopefully project a magnetic charisma to rally supporters. Realistically, I knew that my strengths were more with listening and cultivating trust in one-on-one interactions.

At some point during the hour-long train ride, the thought of providing medical care to people entered my head. After the initial surprise, I took the idea seriously and tried to find a reason to discount it. Besides my advanced age relative to some friends who were already donning their white coats, I couldn't. In fact, in a breathtaking number of ways, a life as a doctor seemed to me to meld perfectly with what I considered to be my strengths and desires. By the time I stepped off the train, the possibility of being a doctor elated me, and I knew that it had taken the culmination of my life experiences to recognize what I now considered my calling.

For several weeks, I let the idea of becoming a doctor incubate in my head. I talked to my health professions advisor from college for advice, then spoke to a few people who I felt knew me well, just to make sure I wasn't beginning to commit myself to a path that was outlandish. When my desire to practice medicine became even stronger, I spoke to friends who were in medical school and tried to get them to puncture my idealistic view of what being a doctor would be like. Many of them had found medical school difficult, and some even said that they would have chosen a different profession, but negative comments did not dissuade me, because I had assumed that the process of getting to where I wanted to be – practicing medicine – would be a long and arduous one. Finally, I shared with my family what I had been thinking. As I had anticipated, they had serious doubts about my idea of becoming a doctor, and were concerned that I was throwing away the relationships and reputation that I had worked hard to build in my previous jobs. This also marked the first time I had taken a truly pro-active step in determining what I wanted my career to be, and my family was not sure whether I was flirting with a passing fancy or simply trying to avoid going to graduate school, which my parents had been pushing ever since I had graduated from college.

Although I did not share this with my family at the time, there were other reasons, related to my own family, why I wanted to become a doctor. When Bill Bradley spoke of the 44 million Americans without health insurance, he was speaking not only of the destitute who fell in the gap between Medicaid eligibility and private insurance, but of part-time

workers, friends, and...my parents. My parents, who had recently been avoiding the purchase of health insurance as a way to "save" money and avoid the maze of bureaucratic entanglements they had experienced in the past when trying to deal with insurance companies, were suddenly caught in a bad situation when my father fell ill with a lung infection in the summer of 2000, and was hospitalized for a week. Two months later, my father's sister and her husband were diagnosed with stomach and liver cancer, respectively. I wanted to be a doctor to be able to provide at least a first blanket of health care to my family, loved ones, and their families. I also wanted to gain experience on the ground level as to why so many Americans did not have health insurance, and why our country did not seem to make providing access to affordable, quality healthcare to every child, adult and senior in this country a priority, or at least provide more investment in preventative health services, given the potential benefits to our nation's productivity and quality of life.

I also wanted to be a doctor because of the awareness I had gained about the unsatisfactory nature of many doctor-patient relationships. When I had visited my father in the hospital, it was clear to me that he was confused as to what the doctors thought the problem with his lung was, and he was worried by the number of different treatments that different doctors had told him would be best. I tried to ask one of the doctors and a few nurses what they knew, and they didn't seem to have the time to explain much to me. The pent-up frustration and helplessness I felt from my mother and father towards the hospital and my father's doctors nearly brought tears to my eyes, and I was reminded of my medical disability clients, who with their loved ones suffered unnecessarily when their treating physicians did not share with them in simple language what was going on with their bodies and what they were doing to make it better. I had thought the nearly non-existent doctor-patient relationships for my clients may have been a symptom of the Medicaid system, but I realized that poor communication skills were certainly not limited to those doctors who treated the poor.

It was with this new revelation that I wanted to be a doctor, and a body drained of its vitality and health in so many aspects from overwork, poor nutrition, lack of emotional expression, and lack of physical exercise that I flew in early January 2001 to Conakry, the capital of Guinea, a former French colony in West Africa. I was to be a volunteer English teacher at a vocational school in the mountains of northern Guinea in a city called Labe, through an organization based in the U.S. called the International Foundation for Education and Self-Help (IFESH). I looked at this mainly as an opportunity to regain my health and see for myself what life was like in a newly independent country in Africa listed by the United Nations as having the third worst quality of life in the world.

As my resume reflects, I've had the opportunity to travel to a number of countries outside of the U.S. I believe my desire to visit foreign countries stems mainly from the same reason I loved to read so much as a child – I want to experience lives different from the one I was born into because I believe it connects me to a deeper understanding of the human condition; I have a never ending curiosity about how different people deal with the different circumstances in which they live. Furthermore, I enjoy the challenge and sensation of feeling out of place and being forced to apply adaptation skills to new environments and new people. Forcing oneself to see the world from different perspectives and doing familiar things in different ways helps me to recognize what works and doesn't work in the malleable value system that I hold to live a good, moral life in each of my actions and words every day.

My six months in West Africa encapsulated the happiest, most trying, most wondrous (I could continue indefinitely with superlatives here) times of my life. I had never before felt so acutely alive in every moment of every day. My senses were always overwhelmed with the physicalness of the life: hundreds of people every day greeting me; the eating of so many different starch foods and exquisite fruits with my bare hands; the constant wetness on my skin as a result of a merciless sun – so much so to the extent that my only desire sometimes was the touch or taste of something cold; the constant bargaining for everything – from the price for a bag to be placed on the roof of a vehicle to the price for fruits and vegetables in the market; the earth that accumulated into the pores of clothing and skin; the drawing and filtering of water whenever I wanted to drink; and when had I ever experienced bathing myself with well water in the cool chill of the open desert under a full moon, with nothing, nothing but illuminated sand and a few dark shrubs to be seen as far as the eye could see...

In my travels, I slowly picked up what locals called the *systeme africaine*, the West African way of doing things, usually irrespective of language or tribal group. I learned how to greet individuals and participate in the call and response you shared with every passing individual about their family and work and health in most of the language groups that I encountered: Fulani, More, Bamana, Mandingo, Ashanti, Ewe, Dogon, and Senuofo. I learned rules of communality, hospitality and giving that made me understand why I never had to worry about going hungry or having a place to sleep if I were around others, or why I never saw individuals who were without a home or hungry in villages, and very rarely so in the cities. I witnessed the fascinating overlap of different influences to the native cultures – most prominently fundamentalist Islam and the French and British education systems. I became accustomed to a world in which those in power predictably exploited others who they could, demanding little gifts, or bribes, through random military barrages set up on city streets or main roads. I learned that patience was not just a virtue but also a survival skill. I learned from the humility of people who depended on the food planted or raised by their own hands for their family's survival, who would not understand what it meant for an individual to choose the course of one's own life, for there were few choices to be made. Perhaps most importantly, I learned that the African way meant holding together as a community and enjoying

small pleasures – such as long tea ceremonies in each others' company – in the face of immense suffering, because it made the suffering less when borne by all.

I had the opportunity to move frequently with a small backpack during my time in West Africa, and used the opportunity to travel overland, through Guinea, Mali, Burkina Faso, Ghana, Ivory Coast, Senegal and the Gambia. There was a war going on in southern Guinea during my time there and a small coup in the Ivory Coast one week before I entered that country, but never did I feel unrest or danger. I did meet many refugees from the civil wars in Liberia and Sierra Leone who shared devastating stories of humiliation and family destruction once I could convince them that I was not a relief worker or journalist. In general, the corruption and violence and disease that made West Africa newsworthy in the U.S. were definitely not the West Africa that I experienced.

I attended a week-long Pan-African film festival in Ouagadougou, the capital of Burkina Faso; I took a three day camel trek into the Sahara to an oasis village called Oursi and witnessed the Muslim festival of Tabaski being celebrated on the ridges of three sand dunes with the sacrifice of goats; I traveled along the Ghana coastline and stood in dungeons with one small opening to the outside air, in the basement of fortresses where various imperialist powers had stored gold, ivory and slaves, many of whom would be shipped to the New World; I spent a week hiking through the wondrous villages of the Dogon people of eastern Mali, which are built directly into the faces of cliffs; I experienced the legendary all night funeral ceremony of the Senuofo people of northern Ivory Coast, who dance as an entire village through an entire night when a respected member of the community dies. At every stop in my journey I encountered new staple foods, new fruits, new people with new skin tones, new body shapes, and new languages. Traveling itself was not easy. Vehicles were always packed and broke down frequently, leading to many nights spent sleeping under the moonlight on the side of the road. In fact, there was one time when a large cargo lorry that was transporting forty of us through the Fouta Djallon mountains in southern Senegal broke down and all of us were stuck in one place without food or water except for the presence of mango and orange trees. After four days and no prospect of moving for at least another week, I began the 90 km hike to the next major town, which took another three days. As happened so many other times, my journey was made easier by the gentle kindness and generosity of those people whom I encountered.

In July 2001, I returned to the U.S. and began to take my first steps towards becoming a doctor.