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Zooming Toward Our 50th Reunion: [Re]Connecting with Classmates, Carleton

In June of 2022, our class will have the opportunity to see each other in person. Though time moves quickly for our age group, a year and a half seems like a long time from now. In the meantime, though, we can reacquaint ourselves in other ways.

Even before the pandemic, social distancing has been part of our lives. We scattered after our time at Carleton, keeping up with distant friends by phone calls or

Using our handy class directory, we can reach out to people we'd love to see again—floor-mates, lab partners, teammates, that bio major who (annoyingly) excelled in English class—anyone we've wondered about over the years. It's also a time when we can make new friends.

Each month will bring a virtual class gathering, with a mixture of presentations and social time so we can share ideas and experiences.



letters. Now we have more tools to overcome geography, including the online, “virtual” platforms we’ve learned how to use — especially Zoom.

Over the decades, our classmates have led diverse and interesting lives, filled with joy, sorrow, challenges, and renewal. We’ll have many chances in the coming months to get to know each other as we are now.

“Breakout groups” in class social hours will focus on our current common interests and avocations.

Our 50th Reunion is already in progress—and it’s never been easier to be in touch with classmates. Join us early and often.

Ann Iijima and Greg Melville
Reunion Co-Chairs

Vol. 1, No. 1, March 2021

WHAT A TIME IT WAS...

Our vinyl record-themed class logo came about because the early reunion planners couldn't identify one song that epitomized our experience at Carleton. There is simply too much great music from the era that formed the soundtrack for our lives. Why have a song when you can have a playlist?

The 140 people who responded to the Outreach survey in January provided a rich and detailed list of suggestions. There is a lot of common ground for a long playlist we all can enjoy.

If you are interested in helping put the list together, please contact Fred Rogers frogers@carleton.edu.

LOOKING TOWARD THE ACTUAL WEEKEND

The Program Committee will be sharing ideas and seeking input in coming months as it plans activities and programs that will provide opportunities to have fun and connect with classmates.

Please watch the week of February 8 for an email about our survey (available at tinyurl.com/Survey1972) and send us your insights.

How Terribly ~~Strange~~ Grand to Be Seventy

To 2022 ... and Beyond:

Few of us gave much thought in 1972, I suspect, to what it would be like to be a septuagenarian. I know I certainly couldn't conceive of being fifty, much less having a fiftieth reunion!

Happily, "seventy is now the new fifty" — and, as you will see, septuagenarians in the Class of 1972 aren't sitting around on a park bench like the "Old Friends" in the 1968 Simon and Garfunkle song, i.e., old men who are "lost in their overcoats, waiting for the sunset, the sounds of the city ... settl[ing] like dust on [their] shoulders."

Which is not to say that staying physically and mentally healthy is not a prominent concern, especially in the age of Covid-19. We don't kid ourselves that we're going to live forever: we deal daily with preexisting conditions, mask up, wash our hands, and socially distance. We also garden, hike, bike, curl, quilt, dance, camp, and ski. And we exercise our minds in fulfilling work and volunteer efforts, book clubs, language classes, and more. As R. Crumb put it, we "keep on truckin'..."

Enjoy these examples of the ways some of our classmates are "living their best lives." Then join the Carleton Class of 1972 Facebook page (see back page) and share with us what YOU are doing to remain young in mind, body, and spirit. — **Nancy Ashmore**



Scott Parsons
Biology

By the end of a workday, Scott has walked 5–7 miles in his Hoka shoes.

SCOTT PARSONS: Building a Healthful Lifestyle ... from the Ground Up

In 1971-72, the Carleton vegetarian food program started a two-acre garden plot for farm-to-table freshness and served dinner to 125 people. Coordinating the program changed the course of Scott Parsons' life. He completed his pre-med studies but, instead of following his father's path to medical school, he moved to rural Minnesota to "explore the agricultural roots of American culture and build a healthful lifestyle from the ground up."

Today Scott lives in Wenatchee, WA, with Ruth, his wife of 43 years. He's an early riser—so early that his waking hours are more in sync with Eastern time than his own Pacific zone. He's studied extensively what health means and how to achieve it.

"I start my day with a good cup of tea. We grow a lot of our own food, depending on the season, and eat low on the food chain. I've found the nutritional supplements that work for me and haven't been sick in years.

Most of my exercise is doing physical work that needs to be done, though I love hiking the Cascade foothills."

Scott has worked as a farmer, windsurfing instructor, nutrition consultant, physical trainer, artisanal baker, and cookbook author. The last few years, in addition to tending the family fruit trees and gardens, he has managed the large wine department of a small grocery store. He moves 3,000 lbs of wine a day, four days a week, "organizing cases of wine like books in a library." By the end of a workday, he has walked 5-7 miles in his Hoka shoes.

In the future, Scott looks forward to teaching a simple approach to healthy living. "Done well, it's the low-cost health care solution," he says.

He's enthusiastic about the benefits of long fermented bread, which is high in complex carbs and low in gluten. He made those breads professionally for eight years.

And despite living at the same latitude as Duluth, Scott and Ruth grow food outdoors in the milder Northwest climate year round. He has

designed and publicly shared building instructions for a mini-greenhouse he calls a “solar salad factory.”

Homegrown arugula sounds pretty great to those of us looking at snow outside our windows right now. —

Susan Cushman

JANE PFLUGHOEFT PLOWMAN: Laughter is the Best Medicine

If part of healthy aging is maintaining a good sense of perspective and humor, Jane Pflughoeft Plowman is well on her way.

Jane spent most of her post-Carleton adulthood in the UK, where she was a computer programmer who was on call to handle emergencies, for example, a 2 a.m. call to fix a bug so Tesco could deliver potatoes to stores. She returned to the US about 10 years ago and got a part-time job as a receptionist in a computer programming firm in Milwaukee, WI. She wanted to qualify for Medicare and needed 40 quarters of work in the US to do so. She is delighted to have a low-stress job in which she is deemed to be an essential worker who can drive to work every day (though not one deemed essential enough to get an early dose of the vaccine). After all, she says, someone has to open the mail every day! She hopes that the IRS will designate her as Medicare-eligible this spring.

She goes to the Y twice a week but admits she really doesn’t find exercise in and of itself very appealing. Her most joyous form of physical activity is curling. She just switched from a competitive league to an “intramural” squad. Thanks to Covid and having to wear a mask, she couldn’t hear the instructions for sweeping and could barely find the stone with her fogged-up glasses.

Jane regularly visits her 97-year-old mother, who has an independent apartment in a senior facility. The facility provides meals, but they don’t provide alcohol. Jane brings supplies of various sorts to the facility more often, but every three weeks she makes a beer delivery. When she arrives, it just so happens that her mom is hanging out by the front door — with the walker she uses primarily to transport it to her apartment!

Jane is also loving Zooming with her UK quilting friends. A quilter for years, she donated a quilt for one of our reunions. We raffled off the quilt and it now graces the love seat in my (Becky Gilles Richardson) library. Last spring she started knitting again, a craft which, according to the *NY Times* (Dec. 19, 2020) “can [help] to manage chronic pain, improve cognitive function, and even increase happiness.” — **Rebecca Gilles Richardson**

Continued on Page 4

I took up bicycling when I went to grad school at Stanford in the fall of 1972. This was out of necessity: The campus was too big to walk and I did not have a car. After a year I was in much better shape than I ever was at Carleton.



In the late '70's, after I had started a real job back in Chicago, I took up running but still did some bicycling. Running faded away after the kids came, but I was still bicycling after we moved to Minnesota in 1998. In recent years walking has become my most common form of exercise and I average a little over five miles a day. There are several nice parks and a lot of quiet side streets near where I live in Roseville. Mia (my wife) and I had gym memberships but dropped them when Covid came.

For some years now I have been taking classes in the Irish language (aka Irish Gaelic). I am part of Gaeltacht Minnesota, a very friendly and supportive community of learners that offers free classes in Irish. Last summer also I took an online Introduction to Ancient Babylonian Cuneiform. I really do not have much talent for languages, but they fascinate me. They certainly give me a lot of mental exercise. — Glenn McDavid

Reprinted, with permission, from the Carleton Class of 1972 Facebook page. For details on how to join this group, see the boxed information on the back page.



Jane just switched from a competitive curling league to an “intramural” squad...

LOOKING AHEAD: UPCOMING THEMES AND DEADLINES

“The universe,” says Muriel Rukeyser, “is made of stories, not of atoms.”

If you have a story that ties in with the theme of an upcoming newsletter (or know another '72er who fits the bill), we'd love to hear from you.

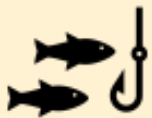
Submissions should be no longer than 375 words and accompanied by a high resolution current photo of yourself.

While this first newsletter is being mailed to everyone for whom we have snail mail addresses, future ones will be available for the most part only online. Submissions will be subject to editing for length and style.

Send your contributions to njashmore@gmail.com.

MAY / Deadline —April 1

What are you doing for pure enjoyment? How did you find your avocation and would it surprise your younger self?



AUGUST / Deadline —July 1

Have you spent an extended time in another country? Share your experiences working and living abroad.

NOVEMBER / Deadline —October 1

Who are the people bringing beauty to our lives? Let's hear from the artists in our class.

To 2022 ... and Beyond / continued from Page 3

KATE LIGARE: Planning, Planning, Planning...

“Head in the sand” is definitely not Kate Ligare’s approach to aging and downsizing.

Because she took early retirement, she has lived with people 10-15 years older than she for the past decade. She has seen what happens when people ignore the realities of aging. A medical crisis sends someone into a situation for which no planning was done and with predictably poor results.

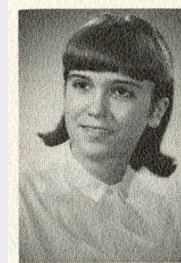
In light of that, she is now on the waiting list for a CCRC (continuing care retirement community) not too far from her home in Jacksonville, FL. Friends have told her she isn’t old enough, but she feels ready emotionally to move to the next place she plans to live. She already knows a few people there and knows others on the waiting list, but she looks forward to branching out. She consciously seeks diversity in her friendships.

She’s also moved ahead with downsizing, selling a second home in Colorado and donating 14 boxes of books to the library book sale and 112 photo frames to her local Goodwill.

Body awareness coupled with mindfulness also has had real meaning for her. She started exploring this 15 years ago after her husband died suddenly. Over the years, she has participated in Rosen Body Work, Tai Chi, Nia dance, Pilates, and sports acupuncture as well as massage and meditation. She finds it all highly effective in restoring calm and equanimity. She found this very useful on January 6, 2021. Shaken by what was happening at the Capitol in DC, she was tempted to cancel the virtual Pilates session she had scheduled. Her instructor persuaded her to go ahead with it and she felt so much more centered afterward.

Kate has been involved in many nonprofit boards, generally focusing on social service needs in her community. Right now she is focused on enabling the local Boys and Girls Clubs with the technology they need to reach youth who cannot come to the clubs after school due to pandemic capacity restraints. She connects also with a knitting group and two book clubs.

No one knows what the future

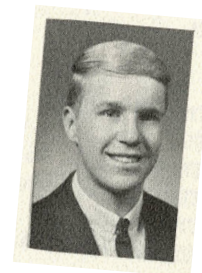


Kate does lots of walking with her dog and long-distance hiking in Colorado; a knee replacement and hip replacement have helped that along.

When Covid shut down her swim exercise group in Richfield, Diane started twice weekly dance sessions for the same people using Spotify. ... Up North, she plays golf in a league where she is “the most improved in the worst flight.”



No question for me that physical activity is not only maintenance but also restorative in nature. As others here, I have “aged” into activities less impacting as well. Road biking 20-30 miles, 2-3 times a week when weather permits, or elliptical and XC skiing during snow months work for me. The biking is my favorite now. — Richard Roberts



may hold, but Kate feels more relaxed knowing that she is as prepared as possible. It does mean facing some tough realities earlier than one might like, but on balance deciding what makes sense and following through with the required actions brings her a certain peace of mind.— **Rebecca Gilles Richardson**

Though she enjoys time to read a lot and listen to podcasts, her social life is a big part of her wellbeing. “At 70, parts of your body are in decline. I got hearing aids so I could hear the high-pitched voices of my grandkids. And I know the relationship between hearing loss and cognitive decline.”



Larnzell Martin
Soc.-Anthro.

Diane is an organizer. When Covid shut down her swim exercise group in Richfield, she started twice weekly dance sessions for the same people using Spotify. It’s a fun way to bring together people with different fitness levels. Up North, she plays golf in a league where she is “the most improved in the worst flight.” She also gardens with a neighbor, finding exercise and good conversation as they “plant, weed, and water.”

I was a jogger for decades before surgery in 2014 that required that I not jog for a period of time. I took to morning walks which progressed to rather “brisk” ones. I found it less taxing, yet as satisfying as jogging (thoughts floating in and out — stress free, etc.). So, at least five times each week, I start the day with a 5-mile walk. If the weather doesn’t permit, it’s 45 to 50 minutes on the elliptical. Works for the mind and body. — Larnzell Martin

DIANE BICK:

Nature, Social Interaction Are Key

Diane Bick’s key to health is the combination of nature outside her door and sociable exercise. This winter, she’s living at her family cabin in Lake Nebagamon, WI, three and a half hours north of the Twin Cities. She notes that Siri pronounces Nebagamon, “No bag of men.”

Her view is a 1000-acre lake and she says, “It’s better for me to look out at a lake than stay in the city, looking at apartment buildings.”

Though she’s lived in the Twin Cities metro area for five decades, Diane is not really a city person. She grew up in Galesburg, IL, surrounded more by cornfields than concrete.

Since Carleton she’s had two long-term relationships, raised three daughters, and been “a butterfly” in her career, spending time in not-for-profit, for-profit, and government jobs.

One of her book clubs arose from a Carleton Study Abroad program in France with Carl and Ruth Weiner. The group includes ’72 classmates Nancy Dixon and Jane Dillinger Bannor, with Jane’s husband Lee, among others. Their first book choice was Camus’ *The Plague*, which Diane read in French, and then checked her understanding in English. Siri might

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Reprinted, with permission, from posts on the Carleton College Class of 1972 Facebook page.



For details on how to join the group, see the boxed information on the back page.



Or scan the QR code here with your smart phone; it will take you directly to the page.

JOIN THE FUN...

- Send ideas for outreach events, programming, and class giving to a committee co-chair. Their email addresses are available at <https://www.carleton.edu/alumni/classes/1972/reunion/committee/>
- Send ideas for future newsletters. Share stories and/or photos from our Carleton days. (See sidebar, Page 4)
- Look over the class playlist when it gets posted (see sidebar, Page 1) and tell us on Facebook why one of the songs there has special meaning for you.
- Reach out to former roommates, floormates, the folks you took a freshman seminar with or those who were in an off-campus program with you. Send a card or an email, give them a call. (Find out how to find them on the back page.) Invite them to join you in one of the virtual events that will be organized and on campus June 16–19, 2022.

NEWSLETTER CONTRIBUTORS

Editor:

Nancy J. Ashmore

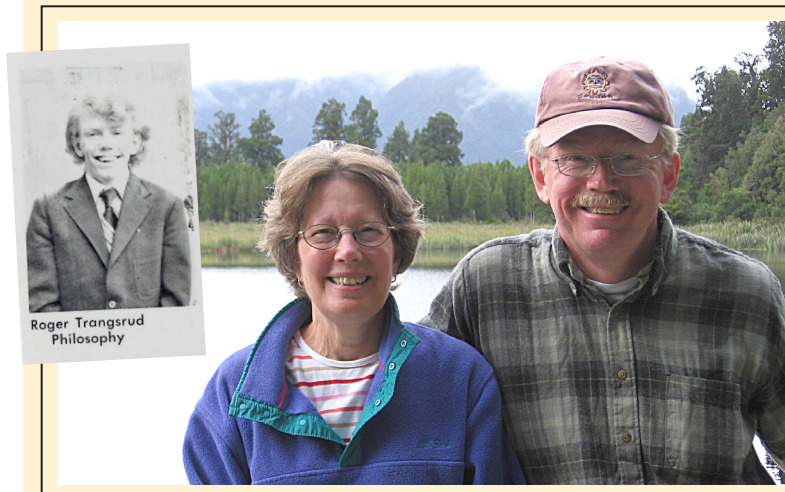
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Susan Cushman, Rebecca Gilles Richardson, and Karin Winegar

Profile photos provided by profilees.

Algol and Zoobook photos obtained from the Digital Collections of the Carleton Archive, <https://apps.carleton.edu/digitalcollections/carletonian/>.

To 2022 ... and Beyond / continued from Page 5



“The significant part is I like my job. ... It is fun interacting with young people, and my colleagues are bright and interesting.”

seem to disparage her town’s name, but Diane points out, “I am in a book club with men.” — **Susan Cushman**

ROGER TRANGSRUD: A Quadruple Bypass and Then ...

The defining chapter in his life for Roger Trangsrud was an intimation of mortality that came without warning.

“Twenty years ago I had an asymptomatic heart attack,” recalls Roger, who is the James F. Humphreys Professor of Complex Litigation and Civil Procedure at George Washington University Law School in Washington, D.C.

“I underwent a quadruple bypass immediately. Recovering from that felt like an 18-wheeler had run over my chest. It took me six weeks to begin to function semi-normally.

“As a lawyer, I had a knot in my stomach my whole professional life that made me feel there was always something I should be doing. I continually felt that I was not doing enough. After the heart attack and surgery, that knot began to uncurl itself. That was a very settling experience. I became a less anxious person.”

Both before and subsequent to that, the steadying and nourishing influences in Roger’s have been love of his work as teacher and writer and of his family.

When their two children were small, Roger and his wife Elizabeth, who live in McLean, VA, enjoyed back country hiking and camping and took the kids to national parks out west and in high country. In his thirties and forties, he enjoyed cross country skiing, regular soccer games, and occasional downhill skiing.

“I was blessed with good health my entire life, our kids and my wife, too,” he says. Later, when their offspring were grown and married to non-camping spouses, he and Elizabeth joined the kids on the John Muir Trail to share alpine lakes and epic views. The couple likes to travel, which has included hikes in New Zealand and Norway. “Not so much camping now, because I don’t like to sleep on the ground and experience dawn at 40 degrees.”

“The significant part is I like my job,” Roger says. “It is fun interacting with young people, and my colleagues are bright and interesting. Law teaching is theatrical in ways; it’s not just a lecture, there’s a lot of Q and A, a lot of back and forth. I enjoy the fun and excitement of it. And it can be very flattering, like being a judge, when everybody stands when you come into the room.”

“Freud said something like ‘people get mentally ill in a huge number of

ways, but the ways to get healthy are love and work,” says Roger. “That’s true for me: work that engages and provides satisfaction and being lucky to have people around to love and respond to.” — **Karin Winegar**

ANN SHRADER: A Simple, Healthy Life

Back to the land? Ann Shrader never left. For her, the self-sustaining, healthy communal life envisioned and celebrated in the Sixties and Seventies is alive and well.

Ann lives in a cabin on the Little River five miles outside the village of Floyd in southwest Virginia where she chops her wood to heat her home on two and a half acres. She cultivates a large garden, raising vegetables for herself and the local food shelf and trading them for massage with a neighbor. Her specialty is cow peas, a nitrogen-fixing crop, that she raises for the Southern Exposure Seed Exchange.

“Gardening is real important, it preserves my mental and physical health,” says Ann. “Being outside is important and connections with my neighbors.”

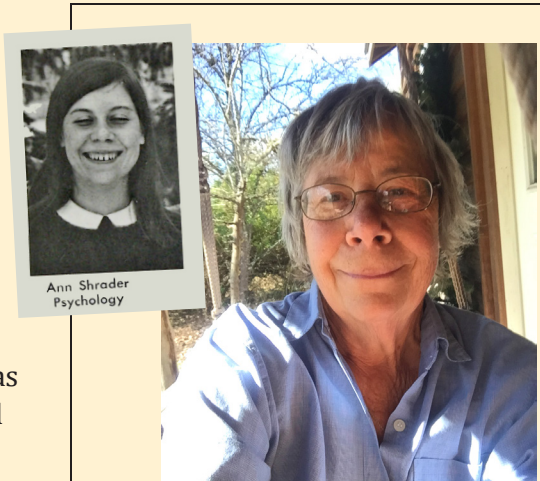
After Carleton, she and her partner Laird Schaub ‘71 lived in a shared Carleton household in Washington, D.C., while she worked as a recreational therapist at a mental institution. “We realized it was not what we wanted to be doing, and we wanted to be in the Midwest, so we considered starting a community ourselves,” she explains. “Then we found Sandhill Farm in northeast Missouri and joined it. Laird and I had a son, and he was home schooled. Years later, I dropped our son off at Amherst, where he was accepted even though he was raised in a commune where he grew up using an outhouse and milking a cow.”

“The big thing is I had breast cancer while I was there. It changed

me, in some ways it opened up my life to more possibilities. I gained a new energy, learned to take hikes and do healing with love. I lived in Sandhill 28 years, then I came to Floyd, because northeast Missouri was very isolated while Floyd has all sorts of resources and people around.”

“Leaving the commune and landing in Floyd at age 50, I had to hustle, to learn all sorts of stuff I had not done,” she notes. “At the commune, different people did things, and suddenly I had to deal with a car and cooking every day. I took nursing aide training and do end of life care. I now freelance.”

She currently cares for an 89-year-old man with dementia and a woman with Down’s Syndrome. Whom she cares for and where and how she lives was and is fundamental. “Floyd has lots of music, a strong women’s community, art, communes, CSAs and gardening, mountains, the Blue Ridge Parkway—it’s a very positive place to live.” — **Karin Winegar**



Ann cultivates a large garden, raising vegetables for herself and the local food shelf and trading them for massage with a neighbor. Her specialty is cow peas, a nitrogen-fixing crop. She took nursing aide training and does freelance end of life care.

BUT WAIT! THERE'S MORE!

March 13, 4 pm Central

**Zoom in, sit back, and enjoy
STORY HOUR: “NOT JUST
ANY DAY AT WORK”**

**With stories from
Kelton Barr, James
Dunham, Kate Ligare,
Larnzell Martin, and
Jane Prohaska**

April, Date TBD

**In April, we'll kick off the
CLASS OF '72 VIRTUAL
BOOK CLUB. After our
pandemic year and
grueling election cycle,
we're partial to books
by Carleton authors that
transport us to other places
and times. Please help us
choose our first book and
we'll invite the author to
join us. Go — by March 1
— to the Carleton Class of
1972 Facebook page and
leave a comment.**

***Catfishing on Catnet* by
speculative fiction writer
and Hugo award winner
Naomi Kritzer '95. A funny,
fast-moving, coming-of-
age story about diverse
humans and a sentient
Artificial Intelligence.**

***French Like Moi* by Scott
Carpenter, Carleton
French professor. An
entertaining, at times
hilarious, memoir about
a tiny apartment and a
sabbatical year in Paris.**

***The Maze at Windermere*
by Gregory Blake
Smith, Carleton English
professor. “Literary
origami” that is also a
page turner, a novel about
five protagonists, three
centuries, and one place.**

Class of 1972

The 50th Reunion Committee
Carleton College
One North College Street
Northfield, MN 55057

KEEPING IN (VIRTUAL) TOUCH

There are three ways to receive future non-printed reunion updates.

- **Via email**—update your email address in the online directory at go.carleton.edu/alumni or send it to addresses@carleton.edu.
- **On Facebook**—become a Facebook member, search for the Carleton College Class of 1972 and request to join the group.
- **On the class website**—to follow reunion planning as it develops, visit our class website at go.carleton.edu/1972.

Online Extras

- **Looking for a classmate?** Go here, <https://apps.carleton.edu/alumni/>, log in, and search.
- **Forgot your user name or password?** Go to <https://apps.carleton.edu/login/help/> for assistance.
- **Want to know who's coming to Reunion?** Go to <https://apps.carleton.edu/alumni/classes/1972/reunion/whos-coming/>

VISIT THE WEBSITE: go.carleton.edu/1972

The screenshot shows the website's navigation menu with options: Connect, Return, Learn, Remember, Volunteer, Ask. Below the menu is a 'Class of 1972' section with a yellow arrow pointing to 'Reunion', followed by 'Class News', 'Remember', 'Give', and 'Connect'. A Facebook 'f' logo is visible. To the right is a video player showing fireworks over a building at night, with a control bar at the bottom.

JOIN US ON THE CLASS OF 1972 FACEBOOK PAGE

It's a private group, open to members of the class, a place where members of the class can share with each other news of their personal, work, and volunteer lives. To join, go to Facebook, search for Carleton Class of 1972, and submit a friend request. After your request is approved, go to the blue + Invite rectangle near the top, click on it, and encourage friends to join the conversations.

The screenshot shows the Facebook group page for 'Carleton College Class of 1972'. It is a private group with 40 members. The page features a navigation bar with 'About', 'Discussion', 'Rooms', 'Members', 'Events', and 'Media'. A post by Patricia L. MacCorquodale is visible, along with a post by Susan Cushman. A green callout box on the right contains the text: 'If you missed the virtual tour of Andersen Hall and the new Geothermal System and would like to find out more about Carleton's efforts to transition to a more diverse portfolio of energy sources, including renewable energy technologies of today and the future, go to the archived video at <https://www.carleton.edu/alumni/classes/1972/class-news/videos/>'.