



BURKE MOUNTAIN ACADEMY

SPRING / SUMMER 2018

# News & Views



Burkies enjoyed training at Burke until late April, marking an exceptional season thanks to our newly expanded snowmaking.



BMA Pioneers Return to Skiing Protocol



We Are What We Eat



Alumni Working in STEM





**THE CLASS OF '08** will celebrate its 10th anniversary August 24-26 with a fun-packed weekend on campus.



june

3 Graduation

july

8-13 Dryland Camp

august

24-26 Class of '08 Reunion

9-28 Ski Camps

september

1 Opening Day

october

12-14 Parents' Weekend

november

4-26 Fall Ski Camp

23-24 Killington World Cup & BMA Reception

december

19-22 Development Camp



## 2018 College Acceptances

American University  
Bates College  
Boston College  
Clarkson  
Colby College  
Colby-Sawyer  
Dartmouth College  
Fordham University  
Hobart and William Smith College  
Middlebury College  
Montana State University  
Skidmore  
St. Lawrence University  
St. Michael's College  
Syracuse University  
University of Colorado  
University of Denver  
University of New Hampshire  
University of Vermont  
Westminster College



## Make your gift today!

Our 2018 Annual Fund campaign is coming to a close and we need your help to reach our ambitious goal of \$415,000! Donate **online** or use the **envelope** provided before June 30, 2018. Thank you!

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News & Views Team  
Jodi Flanagan P'16, P'20  
Marie-Helene Thibault '97  
Amy Hale, Flek Inc.

## Looking Ahead

I am delighted to welcome some Burke alumni back to school as staff members.

**Peter '92 and Becky (Young) Ireland '96 are relocating to East Burke and will be working at BMA full-time. Becky will be joining the humanities faculty and Peter will take over the dining services for our community. You can read more about their return in this issue.**

**Joining these two are former faculty Jake and Jenny Bruell Fisher '01. Jenny will be rejoining the development team and Jake will be the head women's U16 coach.**

**It's always noteworthy when alumni return to the school and these two families will make an important impact not only in their individual departments, but in our community as a whole.**

Willy Booker '96



One of the winter highlights was multiple weeks of full-length Super G training and racing on Dippers.

Left to right: Steve Berlack (COO and men's U16 coach), Willy Booker '96 (head of school), Ryan Markham '00 (training venue manager), and Brad Wall '97 (athletic director) (back to the camera).

Greetings from the beautiful Northeast Kingdom of Vermont. As the academic year comes to a close, it also marks the finish of my first year as head of school. Returning to BMA has been an amazing experience, and I will remain forever grateful for the warm welcome Christine and I received. Reflecting on the year, there are too many fantastic memories to recount. I suspect that the dedication of the students and staff and the confirmation that the Burke spirit remains strong will stick with me forever.

We had an incredible winter on Burke Mountain, and if you've been following closely, you may have noticed that we were able to ski into late April. The strong finish to the season and notable snowfall we received in March made the extended training possible. We are making a strategic push to maximize the use of our own training venue because, as I'm sure everyone is aware, the cost of the sport of ski racing is daunting. As a staff, we feel a great sense of urgency to maximize our at home training opportunities both in an effort to give our students every opportunity to compete, but also to leverage the low cost, high value training we have right in our backyard. The value of this extended training at home on Burke Mountain translated in our families saving in excess of \$17,000 per day.

We were fortunate for the partnership of the Burke Mountain team who agreed to make excess snow on Warren's Way during a particularly cold stretch of weather in late March. This additional snow protected the skiable surface and made the April training a possibility. Further, I would like to extend my gratitude to the staff that worked over spring break and even learned to operate the new T-Bar! What a statement that our students would give up their Spring Break to keep training and keep pushing to make progress well into the spring.

**Finally, I would like to once again express my sincere gratitude to those who support the BMA dream through contributions to the Annual Fund. Your generosity makes this dream a possibility.**

Best regards,

Willy Booker '96, Head of School





# Quality over Speed in Injury Recovery

## BMA develops pioneering “Return to Skiing Protocol”

BMA Athletic Trainer Adam Perreault works with Finn Bowes '20 using the PASCO Force Plates as a biofeedback tool – aiming to have greater awareness of postural control/stance.

**Alpine ski racing is an unforgiving sport. One second, you're in complete balance carving the perfect turn. The next instant, you go over a blind knoll, get thrown off balance, catch an edge, lean back on your tails, tumble into the netting and if you're unlucky, you end up spending the next 9 months recovering from a season-ending knee injury or broken bones.**

“Over the course of a ski season approximately 20% of alpine racers may suffer an injury skiing and requiring rehabilitation in preparation for their successful return to regular training and racing,” explains Adam Perreault, BMA's head athletic trainer.

Given the nature of our sport, common injuries are sustained to the knee, the head, and low back. Recent specific injuries include ACL and MCL tears, tibia fractures, and concussions.

“Historically, we've measured injury recovery success through rehabilitation speed,” adds Darrell Gray, BMA's high performance director. “While this approach may have been effective for National and Olympic level athletes, it's been detrimental and has led to high re-injury rates and unsuccessful returns to competition especially at the adolescent, developmental level.”

To increase student rehabilitation success rates and reduce re-injury risks, BMA recently designed and piloted a pioneering, six-phase “Return to Skiing Protocol” (RTS). BMA's RTS is based on the US Ski and Snowboard's SkillsQuest Model and leverages the internal expertise of BMA staff Gray, Perreault and Ali Spencer (athletic trainer) who work as a team to provide careful supervision of each injured athlete's progression from the rehabilitation room, to the gym and all the way back to gate training. “While preparing rehabilitation programs for some of our students, we realized we could leverage the US Ski and Snowboard SkillsQuest Assessment to give structure and provide a careful progression for an athlete's return to skiing,” adds Gray.

For the on snow rehabilitation, the SkillsQuest model provides the basis for the technical progression. Ski selection (SL, GS or all mountain) and snow surface (soft, packed, hard, icy) each add intensity, and length of session and run provide volume. The speed of progression through the SkillsQuest matrix is based on individual capability. All of these variables are layered to form BMA's Return to Skiing Protocol.

### SKILLSQUEST SKI

- PH 1: All Mountain
- PH 2: All Mountain / GS blend
- PH 3: Giant Slalom / Slalom blend
- PH 4: Giant Slalom / Slalom blend
- PH 5: All
- PH 6: All

### SKILLSQUEST PRESSURE

- PH 1: Steps & jumps
- PH 2: Pole jumpers
- PH 3: Pole jumpers in tuck
- PH 4: Straight run in wave track
- PH 5: Linked turns in a wave track
- PH 6: Camel jump in wave track

### SKILLSQUEST EDGING

- PH 1: Basic outside ski turns
- PH 2: Outside ski turns
- PH 3: One ski skiing
- PH 4: One ski skiing w/ lane changes
- PH 5: One ski skiing w/out poles
- PH 6: One ski skiing hourglass

### SKILLSQUEST ROTARY

- PH 1: Hockey stop
- PH 2: Straight run to sideslip w/ edge set
- PH 3: Pivot slips
- PH 4: Sideslip to straight run to sideslip
- PH 5: Hop turns
- PH 6: Vertical brush quickness course

### SKILLSQUEST BALANCE

- PH 1: Freeski w/ parallel skis
- PH 2: Freeski w/ pole usage
- PH 3: Freeski w/ lane changes
- PH 4: Hourglass
- PH 5: Varied terrain & snow conditions
- PH 6: Moguls in “v” shaped corridor

“At the heart of the protocol is an emphasis on re-introducing the fundamentals of skiing – especially for lower limb injuries that require significant re-learning following a long period off snow,” adds Gray. “As such, the RTS protocol gives the athlete an opportunity to progressively re-acquire fundamental skiing skills and to take their time as they progress through their strengths and work on their technical weaknesses. This progressive approach also gives students the time to regain their confidence.”

For Athletic Trainer Ali Spencer, the RTS protocol has provided great structure to guide and measure athletes' progression in collaboration with both the athletes and their coaches. “One of my roles as the RTS coach is to work with the athlete's primary coach to combine their return to snow with their on snow performance needs,” says Spencer. “This individualized programming focuses on specific skills development for each athlete while safely progressing their load.”

“I've been through two injuries at BMA. For my coccyx injury as a freshman, I didn't go through the protocol but this year for my ACL reconstruction as a senior, I worked with the protocol. My return to skiing this time around has been much more positive both athletically and also in terms of my confidence. I feel better prepared to get back to full intensity training and racing this summer.”

— Jennette MacDonald '18 (Ashland, MA)

“I had a serious shoulder injury and the RTS protocol really helped me with a slow gradient of skiing back into training, allowing me to comfortably join my group by the time my shoulder had healed enough to train.”

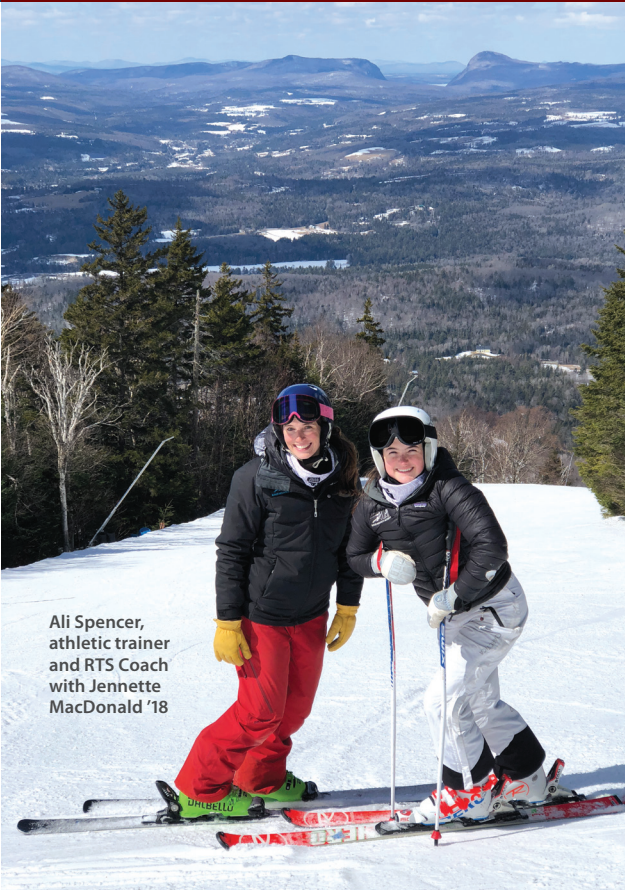
— Finn Bowes '20 (Port Fairy, Australia)

While recovery speed may not be at the heart of the protocol, Gray is confident the program's philosophy emphasizing a more holistic, long-term minded approach to injury recovery, especially for developing adolescent athletes, could transform and improve return to skiing across the system.

“BMA has always been on the forefront of innovative thinking around adolescent athletic development, may it be for athletic preparation, on snow training, injury prevention, and also rehabilitation,” says Gray. “With this protocol, we've designed a program that bridges a gap that was not previously addressed specifically for adolescent return to skiing. Injuries will continue to be part of our sport, but if we can increase success rates of our athletes' recoveries, we can extend the longevity of their careers and better prepare them to thrive at the next performance levels.”

BMA's leadership in this area and the academy's desire to share best practices has already prompted a national dialogue on the topic. In May, US Ski and Snowboard held a symposium on return to skiing involving all of its high performance centers of which BMA was the first named.

“It's rewarding to see that the projects we are initiating at BMA are having an impact on the whole system. It's at the core of our culture to tackle challenging problems using innovative approaches and we're even more fired up when those advances can play a positive role on the development of young skiers across the nation,” concludes Gray.



Ali Spencer, athletic trainer and RTS Coach with Jennette MacDonald '18



# We Are What We Eat

## Transforming BMA's Food Services for Improved Performance and Community Experience

This spring, BMA announced the hiring of alumnus Peter Ireland '92 as executive chef for the 2018-2019 academic year.

The move to an in-house chef marks a cultural shift for the academy's food services which have historically been managed by third-party food management companies with limited experience in adolescent, sport-specific nutrition. The project will bring BMA one step closer to its High Performance targets that includes effective nutrition as a key theme.

We caught up with Peter to learn his recipe for turning BMA's food services into yet another competitive advantage for students (and equally hungry staff members!).

### Step 1: Prepare Food, Really Tasty Food!

#### What is your vision for food quality and preparation at BMA?

My vision calls for an increased awareness and emphasis on nutrition, quality, and foods specific to recovering from workouts and maintaining energy for workouts. To ensure quality food preparation, I will collaborate with Nate Maleski and former BMA English Teacher and Director of Academics, Tom DeCarlo. Nate worked as a cook this past year and he cares about food and where it comes from. He has a small farm where he raises chickens, geese, goats, and pigs. Tom is a terrific cook and will undoubtedly assume the role of spiritual leader in the kitchen.

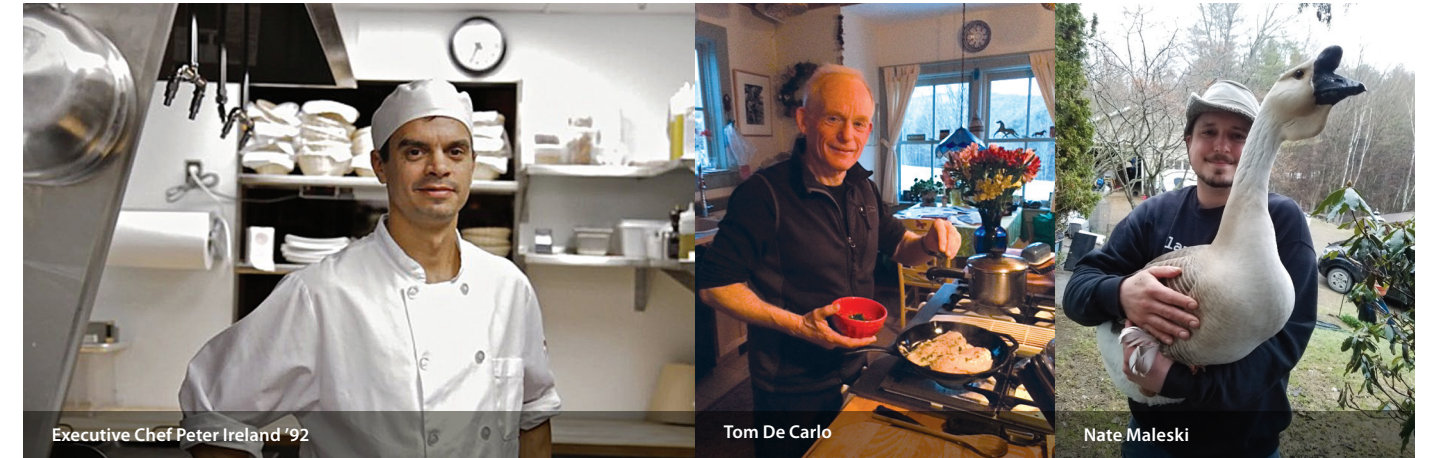
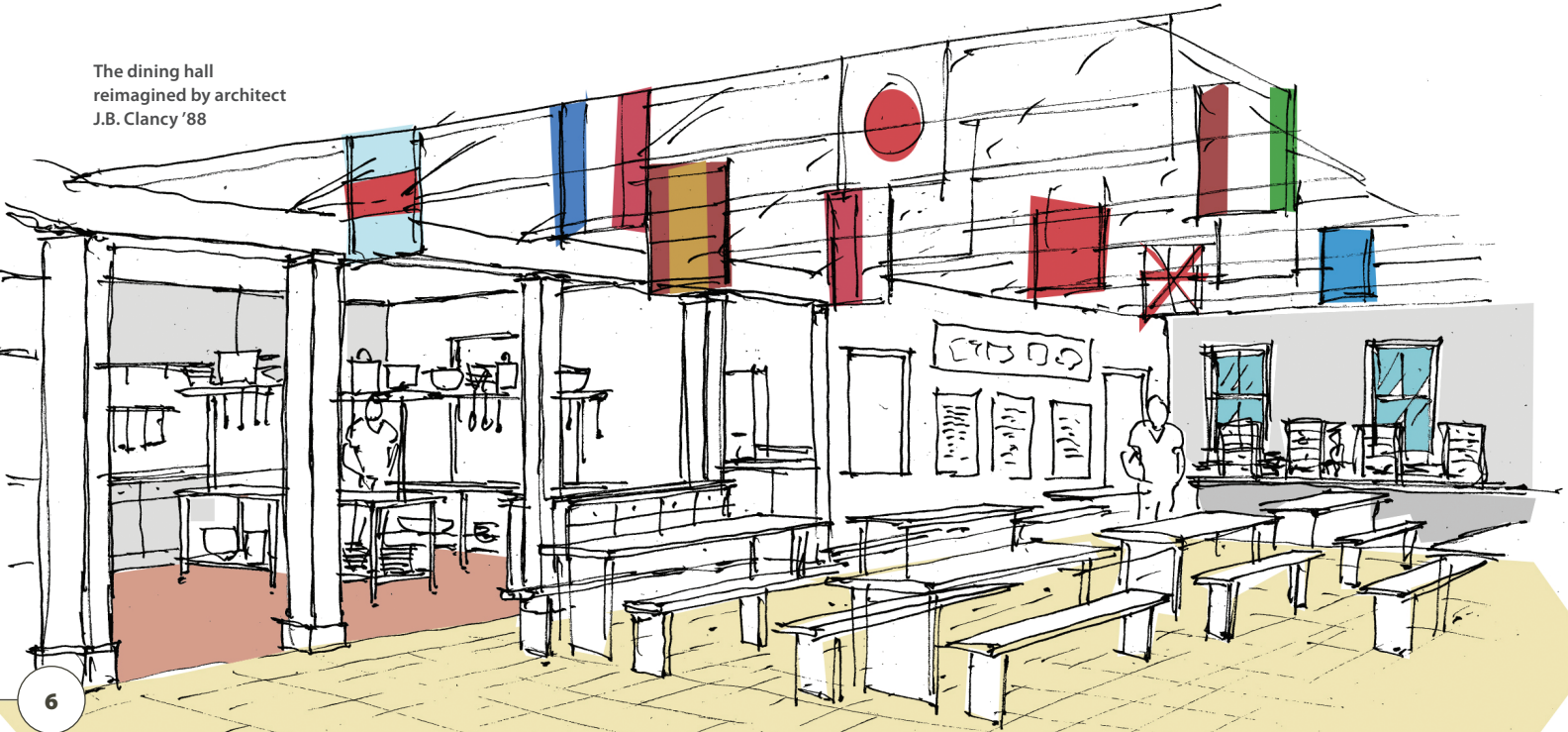
#### What will be new?

Our food suppliers will include more local farms. All food will be made from scratch, whether it is the bread, the bacon or the sausage. Fresh food is tastier and more nutritious which is a double win. A carrot grown in good soil has more nutrients than a carrot grown in poor soil. By focusing on where we buy our food, we will be able to ensure not only tasty food but nutritious food too. When you make food from scratch, you control all the ingredients, and the quality can be more focused and have more impact.

#### What will be the impact on Burkies?

Nutritional health is important not only for immediate effort but also for future health and performance. These are life lessons for the students and we hope to teach them how to best fuel themselves at school, on the road, and in their future lives.

The dining hall reimagined by architect J.B. Clancy '88



I am honored to be joining Pete and Nate in the new BMA nutrition program. While this time around the sauce concocted won't include Homer and Shakespeare, this talented team will continue the theme of teaching, learning, and nourishing the body and the soul."

**Tom De Carlo, former BMA English Teacher and Director of Academics from 1991-2011**

### Step 2: Refresh the Dining Hall Experience

#### What are your plans for the Dining Hall?

We hope to invest in new equipment and create an improved layout. We plan to break down the wall between the kitchen, add a handwashing station, and move the dish area.

#### Why make these changes?

The goal is to make changes that increase the efficiency of the cooking space. The vision includes transforming the dining hall into a vibrant community space. Improving the flow of the space will allow everyone to work, eat, and communicate better. By literally breaking down the wall between the dining hall and the kitchen we will improve the relationship between the community and their food. The dining hall is probably the place that the community spends the most collective time together. The better the experience we can all have together, the happier and healthier we can all be.

### Step 3: Teach Burkies to Fish with Nutrition Education

#### Part of your vision is to develop nutrition education programming.

#### What will that look like?

There are a lot of ideas to be fleshed out, but between the cooking staff and coaching staff, I am confident we will be able to outline nutritional needs and incorporate them into each meal. We would like to use food journals to help students understand how certain foods make them feel and how to best feed themselves. We may have an elective class or maybe it will be a team exercise with the aim to create recipes that the students can replicate on the road. So whether it's mixing the granola bars or scooping the rice energy balls, students will have some educational exposure.

#### Why is this important?

Nutrition is essential to prevent illness and promote muscle development. Learning what your body needs and how it responds to food is an acquired skill that can pay big dividends. My hope is that we educate our students so that they can care for themselves in the dining hall, on the road, and in their future.

Read more at [burkemtnacademy.org](http://burkemtnacademy.org).



# Flexing the Left Hemisphere



A glimpse at what Burkies are learning in Science & Math Classes

## Lani Ashnault '21, Mahopac, NY BIOLOGY (1)

This year in biology, we did many engaging experiments including one involving testing organic compounds for their contents. One of our first labs was the Benedict's test. Benedict's reagent turns from its original color (turquoise) to green, yellow, or orange, depending on what reducing sugar it is introduced to. Therefore, if you mixed Benedict's with a polysaccharide, then it would stay blue. If mixed with a disaccharide, it would turn green. When you have a monosaccharide and add Benedict's to it, it turns orange. Following the Benedict's test, we performed an iodine test. Plants store glucose as polysaccharide starch. When we put iodine in the liquids, the ones that turned black, or blue presented presence of starch. These experiments helped me view the roles of organic compounds based on their contents and how it can affect the outcome of experiments when in contact with different reagents.

## Dan Gillis '20, Guilford, CT BIOLOGY (2)

After studying the structure of eukaryotic cells, our class learned the roles of certain organelles within eukaryotic cells. The chloroplasts and the mitochondria were the most interesting organelles because they support the basis of life. As an assignment, Danny Proffitt '20 (Calgary, AB) and I made a video which compares a cell and its organelles to a ski mountain.

## Katie Killian '21, Wilton, CT MATHEMATICS, Algebra 2 (3)

In Algebra 2, we have been using technology to explore extraneous solutions. Before now, I understood that sometimes a function can yield solutions that don't work, but I never understood why. For example, when  $x+1 = 7x+15$  is graphed on GeoGebra, the line and the radical intersect at one point, the solution. To solve it algebraically, square both sides and you get  $x^2+2x+1 = 7x+15$ . The graphs completely change to a parabola and a line. They intersect at two points, one of those solutions is extraneous. While I have been long familiar with extraneous solutions, GeoGebra helped me understand how graphs of an equation can change after using algebra. The result of the change is an extraneous solution that does not work when plugged back into the original equation.

## Oliver Morgan '20, Etna, NH MATHEMATICS, Geometry (4)

Most of the geometric constructions we do in class are done using the GeoGebra software. Using different functions, we can create perpendicular lines and other features that make constructions go much quicker. The program allows us to compare properties and practice vocabulary and notation. Constructions in GeoGebra also help us develop software skills which will be very important as we move on in our education. Constructions are just one way that we further our learning in geometry class and they have proven to be some of the most valuable lessons of the year.

## Nicholas Czarnik '20, New City, NY CHEMISTRY (5)

Throughout the year my class has explored all the parts of chemistry, including the Periodic Table, the atom, and plain old chemical reactions. With each unit, we did labs to gain hands-on experience and greater understanding of what we are learning. As novices in the chemistry lab, we started the year with a simple experiment on finding density of elements and understanding different physical or chemical characteristics of certain elements and their groups. Later in the year, we did a more difficult experiment such as reacting copper through multiple reactions. I can't wait for the end of the year when we will be making explosions, through a thermite reaction during our Redox unit.

## Riley McHugh '21, Haddam, CT ECOLOGY (6)

I explored whether we eat too much unhealthy meat. My project found that our chicken is from a business called Glenview Farms in Pennsylvania (464.3 miles away). Our beef is from an establishment called Iowa Beef Processors (1,292 miles away). I concluded that sourcing our meat locally from Libby's Meat Market would cost \$500 more per month but the hidden costs like carbon emissions would be reduced by 75%.

## Claire Walters '21, Bainbridge Island, WA ECOLOGY (7)

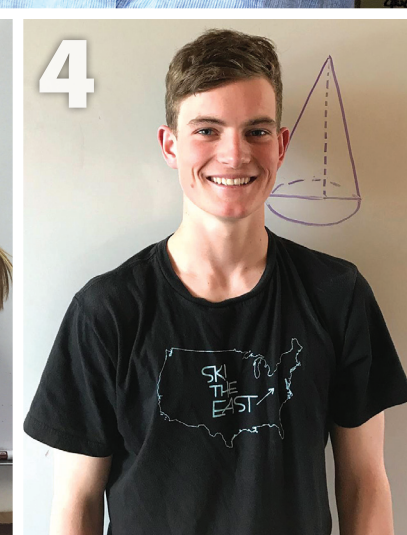
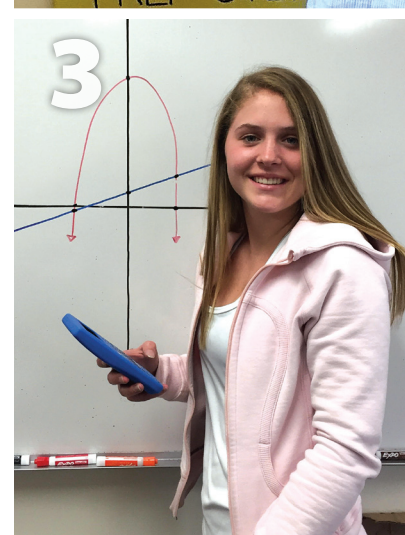
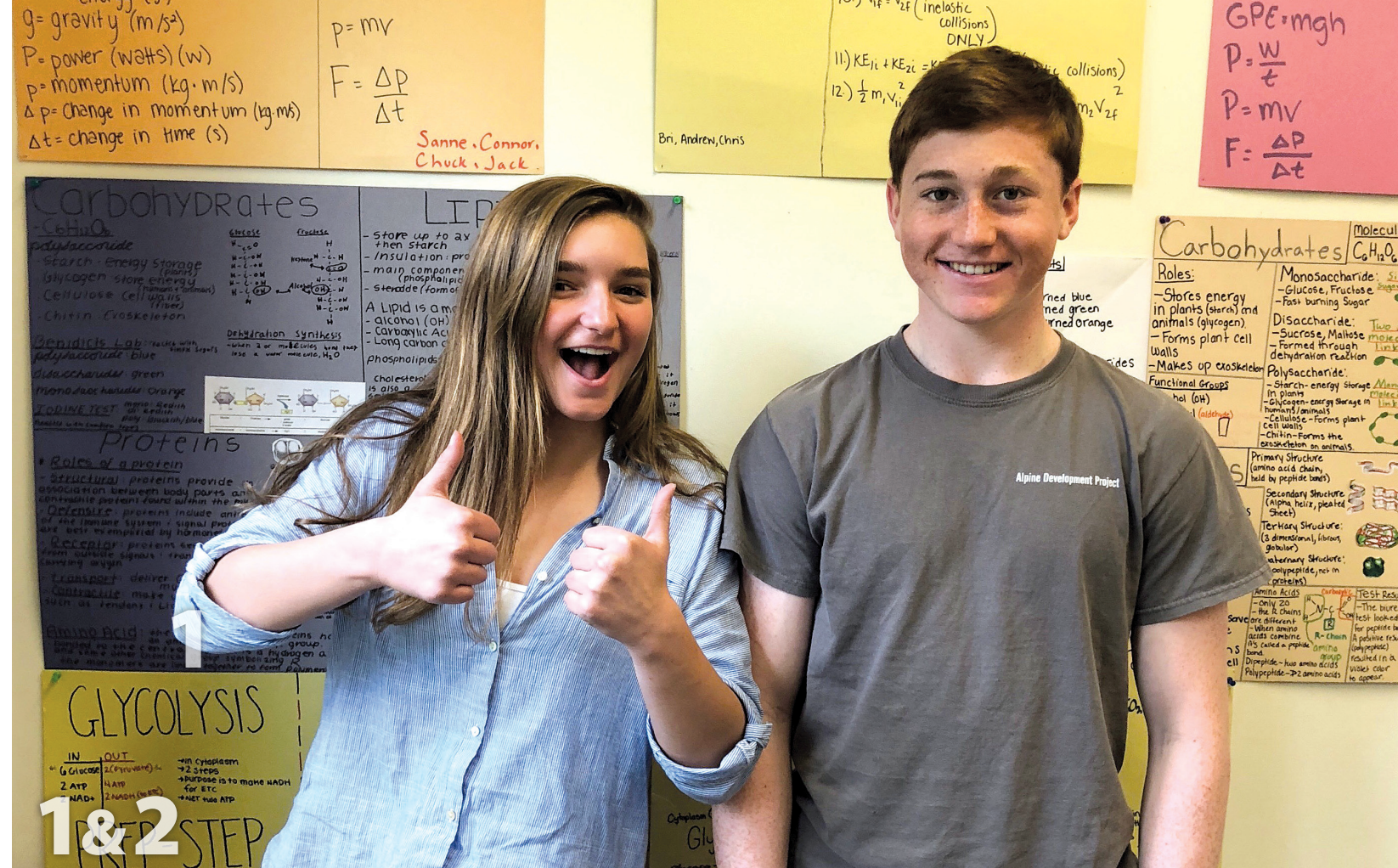
My project helped me conclude that by changing our student job protocol in the kitchen or by changing the type or size of the garbage bags we could save money, landfill space, and eliminate the breakdown of products generated by plastics.

## Andrew Hanus '18, East Burke, VT PHYSICS & CALCULUS (8)

In Calculus we learned how to calculate the volume of a solid produced when a function is rotated around an axis. Disk Method finds the volume of a function rotated around the x-axis. Shell Method finds the volume when the function is rotated around the y-axis. In order to understand the difference between the two methods we did a series of hands-on activities during which we constructed cardboard and foam structures that represented the solids produced by the rotations.

## Sam Conzelman '18, Carrabassett Valley, ME PHYSICS & CALCULUS (9)

Physics class has been really fun and engaging this year. The way in which we learn material allows us to really hone in on our critical thinking and problem solving skills. Most physics classes are structured in a manner to encourage group work. My favourite topic was the light unit. We traced light through prisms using equations and then were able to show what was happening in front of us using lasers. The senior class will be incredibly well prepared for college physics, mainly because of the thinking and problem solving skills we developed this year.



Read more at  
[burkemtnacademy.org](http://burkemtnacademy.org)



# Burkies working in STEM

## From Race Suits to Lab Coats

Burkies have been known to pursue a wide range of fascinating professional avenues. In this issue, we met with alumni working in the realm of science, technology, engineering, and math (STEM).



**Bruce Hill '75, Gorham, NH**  
Senior Staff Scientist, Clean Air Task Force

I work on carbon capture, geologic carbon dioxide storage, and geothermal energy. I've recently been focused on reducing carbon emissions in China. **What I find most gratifying about my work** is engaging in observational science, problem-solving, using science in environmental advocacy, and working outdoors in the field. I also get a lot of satisfaction in working with colleagues in China and around the world to reduce air pollution and greenhouse gases, and to advance futuristic ideas in geothermal energy.



**Deb Miller Porcarelli '79, Great Falls, MT**  
Director of Professional Learning for the AIMS Center for Math and Science Education

I work with school districts all over the US to create Science and Math professional learning partnerships. Our goal is to empower teachers across the nation and give them an avenue so they have the necessary tools to teach in a way that strengthens their students' conceptual, representational, and abstract understanding of math/science. **The most challenging aspect of my work** is wanting teachers to see the value in always being learners. It can be a challenge to get them to embrace learning. When teachers learn something new that usually equates to making changes in their teaching practices. **What sparked my career choices** was in part the fact that school was never very easy for me. I struggled with reading and writing as a child. Being motivated by my own struggles, I was led on a path to teach and to find ways to help all students, especially those who struggle like I did.



**Chris Mikell '76, Sandy, UT**  
Hydrogeologist (groundwater hydrogeologist), Private Sector Consultant

**The most gratifying aspect of my work** is figuring out the unknowns of what's underground, finding the best solution, and optimizing the engineered design if something is being built or constructed. My work involves developing new sources of clean drinking water, cleaning up polluted groundwater, and improving the management of existing water resources via methods like artificial groundwater recharge and recovery. It is very gratifying to think how many people and communities drink clean water from my work.



**Shanna Pace '95, Easton, CT**  
Veterinary Internal Medicine Specialist (dog and cat only)

**The most gratifying part of my work** is helping to solve complex animal diseases and giving animals a better quality of life while improving the bond between people and their pet children. **Humans can learn so much from animals** such as compassion, unconditional love, and strength. In veterinary medicine (especially in internal medicine where diseases are serious and many times lifelong), animals handle the treatments and diseases with a grace and strength that we as humans sometimes are not capable of doing. The emotional strength and intelligence animals have is unparalleled compared to us as humans.



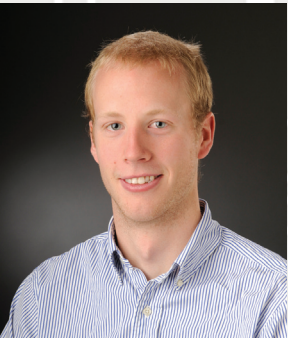
**Chris Nasveschuk '96, Stoneham, MA**  
VP, Chemical Sciences, C4 Therapeutics

Our company is developing and utilizing a technology called "Targeted Protein Degradation" to harness the cellular protein recycling system to destroy intracellular disease-causing proteins. We are driving towards new therapies for both blood and solid cancers. I oversee medicinal chemistry, process chemistry, DMPK (drug metabolism and pharmacokinetics) and chemoinformatics/CADD (computer-aided drug design) functional areas. **My big ambitious goal** is to be part of a project team that develops a therapy that will provide a meaningful difference in the lives of patients suffering from pancreatic cancer.



**Francesca Anderson Byrne '97, Huntington Beach, CA**  
Pediatric Cardiologist

I specialize in fetal diagnosis, congenital heart disease, arrhythmias, sudden cardiac arrest, hypertension and elevated cholesterol, and more. My patients range in age from fetus to adult. My clinic is a combination of patients who previously had heart surgery and new patients for consultation on a possible heart problem. I don't do surgeries, but I do go to the operating room to perform imaging to aid the surgeon during the procedure. I also sometimes give lectures to medical students and residents, which I thoroughly enjoy. **What sparked my career choices** was the fact that I was always interested in science and how things worked. But it wasn't until I shadowed a pediatrician during my intern year of college that I knew medicine was right for me.



**Gunnar V. Ashton '07, Erie, CO**  
Structural Engineer, Ball Aerospace

Some of the most visible projects Ball Aerospace is known for are the Hubble Telescope, Kepler, HiRISE, and the James Webb Space Telescope. Also, most satellite images on Google Maps are from Ball-built spacecraft. I started at Ball Aerospace in 2011 as a summer intern and continued working while finishing school. **The most gratifying aspect of my work** is getting to send stuff into space! Working on projects that are on the leading edge of the earth and planetary science is very gratifying. **The most challenging aspect** is that most things I work on have never been done before. These are typically one-off items that we are just now able to execute due to emerging science and technology.





### A Season to Remember for Mikaela Shiffrin '13

The 2017-2018 ski racing season will go down in history for Mikaela with the addition of two more Olympic medals to her pedigree (GS and SC in PyeongChang), her first World Cup downhill win, claiming the first ever World Cup parallel slalom, and clinching her second consecutive World Cup Overall and Slalom titles. With her most World Cup wins in a single season this year (12: 7 SL, 1 DH, 2GS, and 2PS), is currently tied for second with teammate Lindsey Vonn for most World Cup wins in a single season by a woman, behind Swiss skier Vreni Schneider still holding the record of 14. Congrats Mikaela!

# Alumni Notes



1989 Wendy Fisher

The photo includes my brother Craig, who attended Burke (1982-1985), his son Graeme, his partner, Xi, and their son Marc. Also, my parents (Jim & Diane) who were really involved during my brother's and my Burke years. My husband, Woody and our two kids Aksel and Devin.

### 1974 Pam Noyes Twaddel

I've been living in Camden, Maine for the last 25 years. We are very lucky to be able to hike out our door and into the Camden Hills, where almost every hike has a view of the ocean. My son Max, 25, attended Fort Lewis College in Durango, Co, and has been living there ever since, and now is soon to be married. We are looking forward to a Colorado wedding! My daughter Rebecca lives

in Camden, working and going to the local community college. My freestyle skier husband, of almost 32 years, is a real estate broker in Camden, and has become an avid vegetable gardener. We continue to ski at Sugarloaf, and often opt for the Nordic trails or skinning when the wind is howling and the temperatures are frigid. After about 18 years of working for Distant Journeys, an adventure travel company, I made a change and did something I have wanted to do for years.

Last winter, I attended a Natural Food Chef program in Denver, and am now working as a personal chef. One of my many job ideas has always been to go back to a ski academy and be the cook to offer health-promoting options for the athletes. I remember fondly the times we would spend in the Burke kitchen making our own granola. I still do some hiking guiding for Distant Journeys, but am focusing on cooking and figuring out the new career options.

My family and I are still in Crested Butte and submersed in the skiing lifestyle. I have been the ambassador of Crested Butte Mountain Resort for over ten years and my husband, Woody, is the director of the Mountain Sports Team, which is the local program for snowboarders, alpine, and telemark skiers in all disciplines. Both our kids, Aksel (12) and Devin (10), ski race, freeski and play in the park as much as they can. Aksel has attended Burke ski camps and will be heading to France with them this June.

The kids' ski racing circuit has reconnected me with former classmates, as well as teammates from the US Ski Team. It has been a lot of fun rekindling these old connections.

My parents, Jim and Diane, have spent the past 11 winters in Crested Butte to help with the boys. In that time they have perfected their chauffeuring, babysitting, errand running, and delivery skills as well as becoming better skiers.

Besides teaching skiing, I have started to pursue speaking and being a DJ. I feel my desire to DJ and throw dance parties is directly related to the amazing free-form dance parties we used to have in the Burke dining hall.

### 1976 Jim Taylor

Life, family, and work continue to be a source of immense enjoyment and satisfaction for me. My sport psychology practice is rolling along as usual with some Burke alum kids and current Burkie included. I continue to write extensively (a true joy in my life); working on my 17th book (and my first self-help book) and my 5th textbook.

I'm turning 60 (Yikes!) in November, but doing my best to keep young, continuing to run, bike, lift, and ski regularly.

My wife, Sarah, works in the nonprofit world and is the social conscious of our family.

Our daughters, Catie (12) and Gracie (10), are now officially ski racers. They are on the Sugar Bowl ski team and Catie spent winter term at Sugar Bowl Academy. We're taking it year by year, but they love to ski race. We bought a 2nd home on Donner Summit (my happy place!). I'm on the SBSTA Board of Trustees and very involved with helping grow the school. A part of me wishes they could attend Burke, but 3000 miles away is too far for us to send them (or for us to move).

What a joy it is to see our girls mature as both athletes and people. I get to test out all of my ideas from the five parenting books I've written and so far so good. But I half-jokingly tell people that in about 10 years, I may be writing another book titled "They Seemed Like Good Ideas at the Time." As a parent, I'm as befuddled as every parent.

If anyone is out in the Bay Area or Truckee, drop me an email.

### 1976 Roger Prevot

Roger Prevot '76 and wife Margie, who moved to a hilltop in the Northeast Kingdom town of Hardwick in 2015, report building 13k of cross-country ski trails with the design help of former Dartmouth Ski Team Head Coach, John Morton. The project brought to bear every imaginable type of heavy equipment and now allows Roger to split his free time between skiing and driving his trail grooming machine, both of which he reports as being really challenging and fun. BMA Nordic skiers are invited to visit and try out the trails.



Scott Bogan '79, Deb Miller Porcarelli '79, Tony Porcarelli, Doug Bogan

### 1979 Debby Miller Porcarelli

In February 2018, Deb Miller Porcarelli and husband Tony spent three days skiing in Sun Valley with Scott and Doug Bogan. Awesome skiing, watching the Olympics, and reminiscing was had by all.

### 1979 Eiji Minagawa

"Going up and down."

How many times have each of you gone up and down the training hill this winter? Going down fast is what you train for, and going up is the job for the new Poma TBar. It doesn't complain at all, even when the temperature goes low, too much soft stuff accumulates on the track, it just takes you up to the top repeatedly. It is one of your most trustworthy buddies in a sense, as you go up and down thousands of times. I still remember the old Poma that retired recently. I miss its green/brown body + bull-wheel, well-greased parts.

I graduated my life as a Race-Dad, as my son completed his college, and collegiate racing as well. He decided to pursue his career at Nippon Cable, that manufactures and builds ropeway/gondola/chairlifts in Japan. One good way to make use of his experience as a ski racer, who appreciates much more now, how important it is for all of us to get to the top of the hill fast and safely. Life of going up-hill came after going down-hill.



Bob Hazen '80 with BMA Junior Program coaches Todd and Ashley Whitney at Copper



Holly Wolfe '85 and her daughters

### 1985 Holly Van Haaften Wolfe

I am living in Minnesota and working as a physical therapist in a transitional care center. I have two teenage daughters, Hannah and Hope, that are competition cheerleaders. I was the remaining booster board member for their school team this year. My daughter Hope is also a soccer player. Sending HUGS to all the Burkies!

### 1987 Rob Parisien

...21 years since I was a student at BMA. Time passes by faster each year it seems.

I have been busy doing orthopaedic trauma surgery in Manchester, NH and part-time U14 coaching. I got a chance to visit the Kingdom again racing in the "circumbezerk" MTB race last fall which was a blast - for the first 4 hours. The last hour was a grind but something a BMA alum is used to!

My son Jack has been coming up through the ranks of U14 ski racing. It is amazing how watching races brings back all these memories. And nerves... It is far more nerve-wracking watching your kids race than doing it yourself. I finally know how my parents felt!



Rob Parisien '87 and his son Jack at the finish of Circumburke





**1990  
Katy Talyancich  
Kunkel**

Keeping one foot firmly in New Zealand but still living in Langley Virginia. Working with companies to create kick-ass brands. One in particular that resonates with Burke Values – THE REBELLE RALLY. [www.rebellerally.com](http://www.rebellerally.com)

Kids are feral and fabulous.



Jesse James McTigue and family

#### 1991 Jesse James McTigue

I'm in Telluride working at the Telluride Mountain School teaching, college counseling, and mentoring in curriculum and instruction. Both of my daughters (U-12 and U-10) are racing and we just ended the season and are getting ready to trade our skis for our mountain bikes. I see Andi Bither Malboeuf (BMA '93) and a host of other alumnus regularly on the racing and lacrosse weekends as well as on desert camping trips throughout the spring and fall. I've also met Katy Kirkpatrick '08 who is from a completely different generation of Burkies out here! I'm about to start a master's in education leadership at the University of Pennsylvania at the end of the summer. It should be an exciting back and forth—anyone in the Philly area? Cheers, and get in touch if you find yourself in southwest Colorado! Cheers to Willy, Christine, Peter Ireland, JP Daigneault and Ashley Davenport - all from my generation (more or less) and inspiring the next gen at Burke!



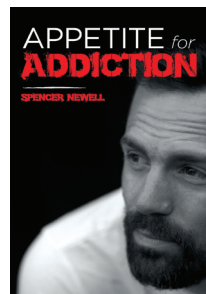
Andi Bither Malboeuf and family

#### 1992 Andi Bither Malboeuf

What's up Burkies?! My husband MC and I are still living in Vail with our two kids Brady (12) and Reese (11). We are both still working in the snow sports industry and feel lucky to be outside and doing what we love. Brady attends the Vail Ski & Snowboard Academy and is loving ski racing - crazy! I can't believe I'm a ski racing mom - wait who am I kidding? I see lots of BMA mom's and dad's out here at ski races and we love every minute of it!



Brad Wall '97 and CW Estoff '97 with their boys enjoying a day at Burke Mountain.



#### 1997 Spencer Newell

Spencer Newell has published his memoir, "Appetite for Addiction" this past March, tracing his development as

an athlete, an addict, in a story that only he can tell. As co-founder & principal, his business, Novo Veritas is going strong. His company's mission is to help others who are tackling significant lifestyle challenges and making personal transformations.



Emeline and Nora Underwood skiing the backside at Stevens!

#### 2000 Molly Russell Underwood

This has been a fun year for the Underwood Family. We purchased a ski cabin close to Stevens Pass Ski Resort outside of Seattle. Our lucky four-year-olds Emeline and Nora are set to get in over 30 days on snow this year! They did weekly lessons, which more importantly meant Jason and I really got to explore our new home mountain. I got to ski more this year than any year since graduating Middlebury in 2005!



Millie and Felix Fisher

#### 2003 Lesley LeMasurier Fisher

We have a new baby boy! His name is Felix Oliver Fisher and he was born on July 6, 2017. His big sister Millie just turned 3 :)



Brett Bernard '04, Brittney Ziebell '10 and Hunter Karnedy '04

#### 2004 Kelly Kirkpatrick

I'm living in NYC finishing my residency in family medicine at Mount Sinai hospital this June and then starting a fellowship in women's reproductive health. I was in Jackson hole in March and saw fellow burkies Britt Ziebell and classmates Hunter Karnedy and Brett Bernard for some powder skiing!



Elle Anderson



#### 2006 Elle Anderson

Elle Anderson finished 8th in the Cyclocross World championships on February 3rd in Valkenburg, NL. Her best result yet (she was 11th last year). She married Niels Musschoot (a former pro surfer) last summer in a pop-up wedding, at her parent's home in Stowe. She is planning on living in Belgium and cycling full time for the next couple of years. Niels is her support crew! She recently left her job of seven years at Strava to fully concentrate on her cycling. You can follow her on her website [elleanderson.us](http://elleanderson.us).



Alumnae at Craftsbury Supertour Finals . Ida Sargent '06, Lindy Sargent, Liz Stephen '05 and Margie Prevot. Photo credit Chris Bengtson



Hannah Cametti '07 and Lauren McGrath '06 just took a trip to Isla Holbox, Mexico in celebration of Lauren's 30th birthday.

#### 2007 Teo Jackson

Teaching high school science in Colorado.

#### 2009 Corinne Prevot

Katy and I wanted to share with you our latest adventure to Nepal – *Vermont Sports* did a nice write up in their magazine and online. Check it out! [issuu.com/addisonindependent/docs/vts\\_17-6-web\\_\\_1\\_/24](http://issuu.com/addisonindependent/docs/vts_17-6-web__1_/24).



Kelsey Locke

#### 2010 Kelsey Locke

I wanted to share that in October I got engaged. My fiancé, Jeff Nemec proposed to me on top of Mount Colden in Lake Placid. We are getting married next August in Lake Placid. It's certainly a very exciting time for us and for our families!

We are both currently teaching at Northwood School in Lake Placid. Just a few more snowy adventures to conquer together before our big day!

#### 2010 Brittney Ziebell

Brittney Ziebell still calls the Tetons home out in Jackson, WY. This May she took part in an all women's sailing/skiing/ mountaineering trip to the most northern Archipelago of Svalbard. This will be her first mountaineering trip and she looks forward to sharing the new experience with other fellow retired ski racers and freestyle skiers.



In addition to being members of the Dartmouth Ski Team, Kalle Wagner '15 and Clay Kirwood PG'16 are kickers for the Dartmouth Football Team.

Heavy hitters at natty's! Yale Flanagan '16 (US Military Academy-West Point) and Jack Blanchard '16 (Babson) at the USCSA Nationals at Whiteface, NY.







BURKE MOUNTAIN ACADEMY

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Where are they now?

## Bill & Luisa Knowles

**Bill:** BMA head athletic trainer, strength, conditioning coach, and dorm parent (89-03)

I work for HPSports, an elite reconditioning program for professional athletes owned by BMA alumnus Richie Graham '87. Athletes fly in from around the world for intensive training or I travel to their teams. There, I also work with Finn Gundersen (BMA headmaster from 1984-99). In parallel, I'm the Director of Athletic Development for Major League Soccer's Philadelphia Union Academy and YSC Academy. My biggest passion is my work in the field of Reconditioning and Athletic Development. I lecture and do seminars around the world to educate others on the experiences I've had with top athletes by getting them back to performance following injury. I have always taken a progressive and alternative path which I developed at BMA. There isn't a lecture, seminar, or clinic that I don't share my experience at BMA. It is and will always be my foundation.

**Luisa:** BMA French teacher and dorm parent (93-97)

I teach French and I am the Associate Dean of Academics at Germantown Friends School (GFS), one of the top 20 private schools in the USA. I attended GFS from Kindergarten to grade 12 and always described it as having an "academic specific BMA." It's been great returning as a faculty member and taking the spirit of BMA there. When not working, Bill and I get to Europe to hike in the summer. Our personal highlight so far includes raising a family in Vermont to make sure our girls maintain their love of the mountains. I stay connected to BMA primarily through Facebook and *News and Views*. Our close friends from during that time have not changed and even though we don't see them often when we do it's like we never left. This is all thanks to the BMA culture.

Bill, Kelsey (20), Riley (17) and Luisa Knowles are living in Philadelphia. Kelsey is attending American University in Washington DC and Riley will be matriculating at Pitzer College in Claremont, CA.

Can't wait for the next News & Views? Catch BMA action online today! [www.burkemtnacademy.org](http://www.burkemtnacademy.org)

