



The Four Columns

Hood News is Good News

W i n t e r 2 0 2 4

Hello Hood Alumni:

The winter months at Hood are exciting with new classes and indoor sports, but they're also a time of bundling up, battening down the hatches, and trying to keep *well* and warm until the trees on campus are blooming again. This issue of *The Four Columns* explores wellness trends. We ask our Director of Wellness, Amanda Dymek, about current programs on campus, and we learn how alumni are forging new paths in the wellness industry, from corporate to therapeutic.

An exciting note: 2024 is both the 50th Anniversary of the Black Student Union (BSU) and the 30th Anniversary of the African American Studies program. There are numerous celebrations and commemorations in store (some noted below), capped off by the [Hood Alumni Birthright Journey to Ghana](#) in April 2025. All Hood Alumni and friends are welcome on this transformational trip.

As usual, we want to hear from YOU. We share some results of last summer's alumni reader survey and pose a few new questions to find out your thoughts on wellness. And finally... Do we even need to say it? Summer is always around the corner. Make your plans for [Reunion 2024, June 6-9!](#)

Cheers,

Michelle Burnett, Assistant Director of Alumni and Constituent Engagement
Kellye Greenwald '86, Director of Alumni and Constituent Engagement


Find us on social media: [Facebook](#) [Instagram](#) [AlumniFire](#) [LinkedIn](#)



Haven for Healing

Elizabeth Tate '89, P'21

Elizabeth Tate shares how her journey from Hood, through various career paths and personal healing, came together and led to opening her own boarding stables with a key component: an equine therapy nonprofit, [Common Ground](#) at Paradise Stables. She also reminisces about her indie student newspaper days with *Hood Today!*, the more current joys of being a Hood parent, and the ultimate coup of President Martha E. Church being the first woman invited to join the Cosmos Club in D.C. ([MORE](#))



**Know a high school student
who might love Hood? Tell them
to make sure they add Hood
College to their Common App!**

Student not a senior? Help Hood
connect with them:
www.hood.edu/alumnireferral



Fitness is Good For Business

Kari Young Gearhart '81

A career in wellness was never in doubt for Kari Young Gearhart, who studied dietetics at Hood and exercise physiology

at Temple and had years of health and fitness related jobs, including in corporate wellness programs at Johnson & Johnson, before moving on to various leadership positions at Merck.

A "one-time" triathlon that turned into an obsession inspired her own business, [The Performance Bridge](#), fostering corporate leadership through the foundational principles of physical fitness training. Kari is grateful for her dietetics professors, her Meyran Hall friends and her first dance ever with her father at the Dad and Daughter Weekend. ([MORE](#))

Could you help a student find a job or internship? Do you need career services yourself? Visit the **[Catherine Filene Shouse Center for Career Development & Experiential Education](#)**



From the Alumni Office: upcoming events

- Sun. March 10: [Brunch in Wilmington, NC](#), hosted by Ruth Ravitz Smith '83
- Tues. March 12: [Brunch in Venice, FL](#), hosted by Canny Sternberg Schein '56
- Wed. April 10: [Reception in Brooklyn, NY](#), hosted by Ellen Sacks '70
- Thurs. April 25: Alumni Executive Board (AEB) meeting
- [Sat. May 18: Hood College Commencement](#)

Winter is here.
But summer is coming...



Reunion is June 6-9

Class years ending in '4 and '9 are celebrating

Party on the Quad - BSU 50th anniversary cocktail reception - Strawberry Breakfast - Back to the Bay Buffet - Family BBQ - Stay in Blazer Hall - President's update - Back to Class

and much more....

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Join the Alumni Executive Board

Ever thought about being more involved at Hood? Want to meet other alumni and stay connected to each other and be a part of what's happening with Hood on campus and across the country? Connections that could lead to new friendships, leadership opportunities and even career paths?

Your [Alumni Executive Board \(AEB\)](#) is accepting inquiries for board membership. For more information, fill out this [form](#) or email us at alumoffice@hood.edu



Celebrating 50 years of BSU



and 30 years of the African American Studies program

Celebration Events

30th Anniversary Celebration of the African American Studies program at Hood:



- *The Joys of Black Feminist World Making: An Evening with Brittney Cooper, Ph.D.* April 18, 2024, 7 p.m. Hodson Auditorium, Rosenstock Hall. Free and open to the public--for more information contact communityandinclusivity@hood.edu.

50th Anniversary Celebration of the Black Student Union at Hood:

- Liberation of the Black Mind Weekend, April 19-21
- BSU 50th Anniversary Cocktail Reception at Reunion Weekend, June 7, 6-8 p.m. For more information, contact alumoffice@hood.edu.
- [Hood Alumni Birthright Journey to Ghana: April 4-14, 2025](#)

DESTINATION GHANA

Secure your spot today!
Scan the QR code to watch a video tour with Aba Blankson '99 and register for the trip.
hood.edu/ghana-trip-2025



To All Hood Alumni, Friends and Family:

You are invited to make new memories as we mark the Black Student Union's golden jubilee and the 30th anniversary of the African American Studies program with a journey to Ghana in April 2025. Don't miss out on this extraordinary experience.

And stay up-to-date with all the festivities: join, like and follow

[Hood College Black Alumni Group | Facebook](#)





For a Healthier Hood

Amanda Dymek, Hood College Director of Wellness

If you see students chatting while making macrame key chains in the library or faculty and staff members practicing yoga in Coffman Chapel, you know that Amanda Dymek, Director of Wellness has been involved. But Hood's collegiate wellness program is complex and heavily relied upon to serve students, faculty and staff in ways that promote good health, success, productivity and retention. ([MORE](#))

A wellness recipe from our friendly food service providers at Aramark:

Peanut Butter Flax Energy Bites

Ingredients:

2 1/4 cups large flake
oats

1 1/2 cups all-natural
peanut butter

1 cup of honey

1 cup of walnuts

1 cup of ground
flaxseed

Directions:

1. Combine all ingredients.
2. Whisk until perfectly mixed. Cover up and pop it in the fridge to cool for 30 minutes.
3. Roll into golf ball-sized bites and plate them up!



Suggestion:

Add coconut flakes, chocolate chips, or your favorite dried fruit.



Carving out a Life of Wellness

Alicia Cruz '97

Alicia Cruz could have gone to art school, but her intuition told her Hood and a liberal arts degree was the better way. She could have continued a graphic design career in New York City, but something told her the way forward was to turn the yoga practice she treasured into a full-time living. Despite the pandemic and other roadblocks Alicia has emerged as both an artist and an educator--on her own path. Her advice? "actually *do* what you love to do." ([MORE](#))

Your Thoughts: Reader Surveys

Summer 2023 issue Reader Survey results:

Thank you for so many responses (of all ages) to our summer 2023 issue survey about reading and reading habits. We discovered that of the respondents:

52% prefer reading printed books with **23%** using e-readers and **4%** audiobooks

Most popular books to **save from a burning house**? Family albums, yearbooks, recipe books and bibles (but Harry Potter books had their moment!)

14% thought **AI writing platforms** were "harmful" and just as many wondered what we were talking about! **35%** responded, "It's complicated." It sure is, readers. It sure is.

***Congrats to Jean Ferrando DeBruyn '89, who has won the drawing for our cozy Hood blanket!**

[Take the new Alumni Wellness Survey.](#) What are your thoughts on health and wellness, when you were in college and now? Anyone who completes the survey is entered to win a wellness-themed care package from Hood! Let us pamper you.



**HOOD COLLEGE
BLAZERS**

1893



1917



1919



THROUGH THE YEARS



1931



1977



1981

Photos courtesy of the JSTOR digitized Hood College Archives.



HOOD COLLEGE

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