

# NATURAL GOURMET INSTITUTE FOR HEALTH & CULINARY ARTS

Issue 15  
July 2006

## THOUGHTS FROM THE FOUNDER

### TEACHING THE NEXT GENERATION –

NGI Partners with Health  
Corps

by Annemarie Colbin, Ph.D.

There has been much written about children and obesity lately, with lots of hand-wringing and even the pulling of sodas from schools (diet drinks, however, are encouraged!). Obesity is a marker for ill health, and general ill health has really been a problem for a long time, thanks, in large part, to the horrendous diet of young Americans. What has been overlooked is the fact that children and youngsters themselves would have some interest in this issue if exposed to it in a user-friendly way.

Our graduates at the NGI have also been interested in bringing better food to young people.



Marcella Friel (CTP 58E), Bryant Terry (CTP 87E), Dre Maher (CTP 78), Adrienne Felder (CTP 119), Marian Buck-Murray (CTP 96E), Wendy Schnitzer (CTP 114S), Cheryl Hines (CTP 126) and others have all at one time or another been involved in teaching healthy eating to children and teenagers.

In 2005, I started talking with Stephen Phillips, Ph.D., from Touro College about a project he is involved in called Health Corps. Health Corps is a school-based holistic health promotion program working to raise health literacy and improve healthy behaviors among youth and is directed by Mehmet Oz, M.D., Vice Chair of Surgery at Columbia-Presbyterian Hospital and author of the book, *YOU: The Owner's Manual. An Insider's Guide to the Body that Will Make You Healthier and Younger*. I met Mehmet about 10 years ago, when he used to hold meetings up at Columbia-Presbyterian about the feasibility of using alternative medicine practices in hospitals. He was the first to put a healer in the operating room and to give patients earphones to listen to their favorite musical or inspirational tapes while they were being operated on. I'm sure that if he had not already had a stellar reputation as a first rate heart surgeon, he would have been kicked out of the practice. Instead, he started a trend and did the studies to show the positive results of these practices. I have the highest respect for Dr. Oz, as you can imagine, and when I heard that he was involved in this project, I was delighted.

To make a long story short, the Natural Gourmet Institute is now partnering with Health Corps to bring healthy eating to high school students. This is taking the form of providing chefs and ingredients to teach the cooking classes, which are an enrichment program at lunch time, not part of the regular curriculum. In this initiative, Natural Gourmet chefs will be introducing, through interactive workshops, topics such as kitchen and knife safety, criteria for healthful food selection, identification of whole foods, natural food preparation, and label reading. It turns out that many teenagers are very interested in cooking, and

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considering that today's kids are raised on fast food, takeout food, and packaged meals, this is a really surprising finding.

Our first presentation was at Cathedral High School in Manhattan on April 11. Elizabeth Johnson (CTP 96E) and Ludie Minaya (CTP 87E) were the teachers, and they were ultimately responsible for the details of the 40-minute class, which they did twice -- once to each of 2 separate groups of about 15 students. They talked about the 7 criteria and put out a buffet of cold snacks the students could make themselves, such as yogurt with spices, whole grain breads, nut butters, and fruit. "The young folks were really open. They seem excited about this project," said Elizabeth. "They enjoyed doing the prep, learned a lot of things, and it seems they now have a new perspective on choosing food." She felt that in the next go-round they would focus on the main criteria of whole, fresh, natural and real, rather than all seven which get too complicated in such a short time. In the second of the 2-class series, they will be preparing soup and salad.

Ludie, the other partner in this dynamic duo (forgive the corny description -- I couldn't resist), was equally enthusiastic. Cathedral is an all-girl Catholic school with students from all over the city. "These young women were wonderful," Ludie said. "We needed to thaw them out a bit, but then they had so many questions! They are very interested in the topic. I enjoy working with young people. They have a lot to say, but they don't often have the audience to share their insights with." The students mentioned the fact that they usually have to leave their neighborhood to get fresh food. "They don't want 'health food,' but they'll eat decent food if they get the opportunity to taste it," Ludie pointed out. "This is a good opportunity to be going out into the community with this wonderful message."

Currently, the program has two groups of students to be given 2 sessions each in this go-round, for a total of 8 sessions. We expect this project to grow to other schools by the next school year. It is possible that we will need more teachers as it grows. If any of you are interested in teaching high school students in this program, please contact Rosemary so that we can contact you as necessary.

Let's acknowledge the importance of teaching the next generation. "Don't underestimate them. Don't think they don't care," Elizabeth told me. "They are open to changes if they get the experience of new food and the information presented properly." We all have our work cut out for us!

## ON THE PRESIDENT'S MIND

### THE NATURAL GOURMET, THEN AND NOW



I was sitting in Souen macrobiotic restaurant on the Upper West Side of Manhattan, waiting for a take-out order of millet croquettes with root vegetables. To pass the time and to quell my curiosity, I picked up the Fall, 1984 brochure for "the natural gourmet cookery school." I had graduated from UCLA with a BA in psychology four years earlier and had decided not to pursue a career in psychiatry. Soon after graduation, I had come back to NYC to take care of my mother, who had been diagnosed with metastatic breast cancer. We had tried macrobiotics, late in her illness, to no avail. She died in October, 1982. This chain of events undoubtedly left an indelible mark upon my psyche, and altered the course of my life. Little did I know, I was about to embark on the course of study that would lay the foundation for my life's work.

The natural gourmet brochure contained 13 classes taught mostly by the school's founder, Annemarie Colbin, plus a few other teachers. The first class I took was *Wheat-Free-Baking*, featuring all kinds of naturally sweetened goodies. Next I attended Annemarie's *Cooking That Heals* weekend lecture workshop. This course covered the principles underlying the school's cooking classes: food as a healing force, understanding opposites (expansive/contractive, acid/alkaline), whole foods and partial foods, proportion of nutrients, to be or not to be a vegetarian, the basics of 5-phase cooking, understanding binges and cravings, and balancing your own diet. What more could you ask for? I was completely enthralled and impressed with Annemarie's knowledge, wisdom and charisma. I immediately signed up for her double apprenticeship program and her first Teacher's Training Program.

All classes were held in a rather small kitchen that Annemarie was renting on the ground floor of her apartment building. Conditions were somewhat less than ideal. There was very little in the way of professional equipment. Classes were designed for the home cook, and the food was fairly simple with a marked macrobiotic bent. However, Annemarie did teach that different diets work for different people. (This philosophy was in complete congruence with my own beliefs.) The recipes consisted of a bunch of typed ingredients on top of the page with blank lines below. We were expected to write in the procedure and any cooking tips we received during class. Who

knows what vital information you would miss if you went to the bathroom? Furthermore, Annemarie had a very casual approach to cooking, not being terribly precise about how much of each ingredient went into a dish. I would ask a million questions about the minutiae of the recipes. I also questioned the validity of many macrobiotic truisms, demanding scientific proof. Annemarie answered as best she could, although there were times when I'm sure I exasperated her and vice-versa.

Yet, despite our differences, we somehow complemented one another and had a mutual respect for each other's differences. I knew that I was learning something invaluable (how to balance my life), not just prepare food. Therefore, it should have come as no surprise when Annemarie told me several months later, "Jenny, what I'm really teaching people is how to take care of themselves. Cooking is just the excuse." I was somewhat floored. After all, I was in cooking school. But I came to understand what Annemarie was all about, and I wanted to be part of it. Interestingly, as time has passed, Annemarie has become more influenced by Western science, and I have become more intuitive or "right brain" in my approach to health. We seem to have reached a meeting of the minds about most of the important issues pertaining to nutrition and wellness. Fortunately, upon finishing my programs at the natural gourmet, Annemarie asked me to teach a class at the school, and the rest is history.

In the many years since I first came here, the natural gourmet has continuously evolved and expanded. Annemarie lost her lease in 1985 and moved to our current location on West 21<sup>st</sup> Street. We first offered a professional Chef's Training Program (CTP) in 1987 and took over the other half of the second floor. Offering a vocational program necessitated licensure by the New York State Department of Education. This led to splitting the school into two separate corporations. The natural gourmet cookery school would now offer the licensed, professional program, and the new entity, named the Natural Gourmet Institute for Food and Health, would offer the public classes.

At this time, I was Head Chef of our Friday Night Dinners and teaching many of the evening and weekend public classes, while working as a private chef. Most of my energy went into the culinary aspects of the school, menu planning and recipe development. The format of our printed recipes improved, including detailed procedures. As more professionals joined the staff, the food became more sophisticated, both in flavor and presentation. Our curriculums, both public and professional, have become increasingly more eclectic.

As time passed, I became more involved in the CTP and in 1993, became CTP Director and Co-President of both schools. I gradually became involved with more theoretical research and administrative duties and so had less time to teach cooking classes. In 2000, we became accredited (by ACCET) for the first time. It was a tremendous amount of work, but definitely improved the quality and stature of the school. In 2003, I became President of both divisions, overseeing all the day to day operations. Last year marked another milestone, when in January of 2005, we expanded into the third floor with a fantastic new kitchen, lecture room, student locker room and teachers' lounge.

Our most recent news involves a name change. The natural gourmet cookery school has been officially renamed "Natural Gourmet Institute for Health & Culinary Arts." According to the dictionary, an institute is a "society or organization for the promotion of science, education, etc." The end of this year marks the school's 30<sup>th</sup> anniversary. The many years of hard work, commitment to excellence and consequent evolution have earned us the right to our new title.

In Good Health,

Jenny Matthau

## CORRECTION

In last January's newsletter (Issue 14), Jennifer Trinkle's name was mistakenly omitted from the article describing the Friday Night Dinner that was featured in the Healing Quest film that appeared on PBS. Jennifer not only participated in the CTP 112, group B dinner, she was also the group leader.

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## ADVENTURES IN COOKING

### ON THIN ICE

by Sue Baldassano



Sitting at my desk nine months ago, I received two life-altering phone calls. The first was from my mother. “Hello, Sue, uh, your father, uh, they think he might be having a heart attack.”

“What happened, Ma?”

“Nothing much—just a little shortness of breath and some chest pains. Maybe you should come down.”

The next phone call, two minutes later, was from my brother Robert, the doctor.

“Hello Susan, this is your brother, Robert.” He starts with the doctor-speak right off the bat. “It appears Dad has suffered a cardiac infarction. It’s estimated he’s lost up to 80% of pulmonary function. You need to get down here—fast!”

By now, I know our family script all too well. My mother is vague and noncommittal (“I think he’s dead but...let me go check.”) My brother Robert, the doctor, is Mr. Worst Case Scenario, (“If he does survive, he has a 99% chance of becoming a complete vegetable.”) My younger brother, Steven, is an “everything will be fine” kinda guy (“and if it isn’t I’m outta here.”)

Even though I know the deal here, I always fall for my brother Robert’s take on the situation. It’s by far the most dramatic version, and it is always backed up by case histories and/or statistics. (Studies indicate all 80-year-olds who suffer cardiac arrest do poorly on S.A.T. exams.)

I drop everything and “run” to Atlantic City where my Father has been admitted to the Cardiac Care Unit. Getting down there (or anywhere) fast is not really an option for me since I have been car-less for the last twenty years. When my car was stolen in front of my Manhattan apartment, it was one of the happiest days of my life, a fact my suburban family members can never comprehend.

On the five-hour trip to the hospital (by car it would have been 2 ½ ), I wonder if I will still have a father after today, and if I do, what will an 80-year-old man be like with 20% heart function?

On the bus, I promise I will redeem myself if he gets through this. I know it’s too late for me to become a neuro-surgeon or a token booth collector (the city job my father day-dreamed for me), but I can still buy a car, renovate my bathroom—go back to church!

A five-block walk, two subway transfers, a bus and cab ride later, I finally arrive at the hospital. Just as I enter the waiting room, my mother is receiving the results of the cauterization.

“Your husband is one of the World’s Greatest Stoics -- his arteries are 98% blocked. There is one small vein supplying blood to his heart.”

He motions for us to come into his office to view the X-rays. My brother Robert, now in fluent doctor-speak, waves his hand in dismissal toward my mother and me. (We’re obviously too dumb or not interested in seeing the X-ray.) We, as usual, abide by his cue.

My father is prepped for the first surgery of his life. He remains dry-eyed and has only one regret. “I didn’t eat right all the time.” That’s an understatement, I think. Their senior citizen diet is shockingly poor. All those \$4.99 all-you-can-eat Chinese buffets. All those greasy diners with meals loaded with preservatives and refined carbs. All those Italian-American Sunday suppers with the Crisco-based icings on the cakes. It’s a miracle he or any of his buddies are still standing. (Of course, at this moment, he is not.)

Aside from his dietary regrets, my father says, “I’ve always been lucky, and I know I’m in good hands. I have 100% confidence in the doctors” (the people who will drill open his chest, remove his heart, strip veins from his legs and basically work him over for 7-8 hours).

My brothers and I, acting in unison for the first time since birth, are noticeably upset. I hide behind massive amounts of medical equipment, attempting to get myself together.

Should I be saying good bye now?

I’m 2 ½ years old. I’m at an outdoor skating rink. I’m wearing a grey and pink wool ensemble (hat, coat, leggings and scarf to match). My small feet are tucked into those two blade skates that snapped on to your shoes. I’m absolutely petrified. My father takes my hand. I look up into his turquoise eyes, and I feel safe.

This corny, but true, touchy-feely moment I had with my father has continued throughout my life. It sounds great, but it hasn’t been perfect. My father did or wanted to do everything for me, which is my

theory why to this day I cannot comfortably operate a T.V. remote, slip in a C.D. or send an attachment on my computer. To be perfectly honest, I don't even like to change my own light bulbs.

My father was a fireman but he was also a carpenter, electrician, plumber, car mechanic and house painter. I remember one time my mother wanted their bedroom painted tangerine. My father complied. The next day, she thought maybe it might be too loud. My father re-painted it eggshell white (3 coats later). As a budding artist my father allowed me to draw on my bedroom walls with crayons. When I left home at age 18, he spent months removing all the wax from the walls. My mother's friends lusted over my father. "That Tony," they gushed, "he's so handy."

My father was super over-protective of me, his eldest and only girl. He actually told me that he preferred I not date until I graduated from college and had a job. Is that the reason I didn't get married until I was 46?

In the midst of my reverie in the hospital room, I snap back to reality. I decide it's not the time to say goodbye forever, especially since he seems to think he will manage to survive all this. When it's my turn to approach his bed I barely squeak out, "It's O.K., daddy. You'll be O.K."

My mother, the World's *Real* Greatest Stoic, removes the wedding band from my father's finger, looks him straight in the eye and says, "See you later, Tony." He's wheeled into surgery. It's a risky one. He's 80, he's a bleeder, he's this, and he's that.

Over subway sandwiches, my brother Robert shares with us everything that can (and probably will go wrong). We all listen quietly, following the script. Finally at 2 a.m. (my father is still in surgery), my brother Robert decides this is the perfect time to discuss nursing home options for my father just in case he survives the surgery but loses his marbles due to oxygen deprivation. My brother Steve and I uncharacteristically rebel. "Why not plan the funeral too!" we scream. "This way, we cover all our bases!"

Almost immediately, we regret deviating from the script. Robert is upset. We don't like to upset Robert. He's not only a brilliant doctor, he's been sick his entire life. For the last twenty five years he's been living with Crohns disease (a painful and sometimes fatal autoimmune disorder). In spite of coping with this illness, he has married, fathered and raised 3 equally brilliant children and has become a world-renowned expert in his field of pediatric gastroenterology (all this while literally

being sick to his stomach most of the time).

My brother, Steve, is a Prosecutor for the State of Texas. He is funny and easy going (a nice balance, I assume, to his job of sending people off to lethal injection), a handsome bachelor with seemingly not a care in the world.

I'm the cook. Cooking for my family has never been received very well. The main reason is that real food doesn't impress most people any more. They are so accustomed to fast and processed food, they wouldn't know a good meal if it hit them over the head.

My father survives the surgery. We all (without discussing it) pick a job. Robert continues doctor-speak. Steve delivers the subway sandwiches to the hospital waiting room, and I deal with my mother. I co-pilot as she drives on the highway for the first time in her 52 years of marriage.

One night at the hospital, my former fire fighter father has a dream that his room is on fire. He sees flames lapping up against the windows and under the doors. He tries to remove all the tubes and hardware from his body and make a run for his life. He is nasty to the staff and must be restrained and sedated. My brother Robert is mortified. "The best way to never survive a hospital visit is to be difficult," he announces.

I'm aghast at this insider information. If someone had to choose one day in their life to act inappropriately, wouldn't quadruple by-pass surgery be that day?

Dad returns home after eight days. He's skinny and weak. My once burly father, who could make his muscles dance at the dinner table, can barely hold himself up with a walker.

My brother Robert helps my mother deal with all the complicated drug information, spending a long time giving her the generic names for the dozens of pills he must now ingest.

I become my father's coach and cook. My father has to exercise three times a day. I work with him, and I am tough. "Dorothy," he says to my mother, "Susan would have been a fantastic army drill sergeant!"

Before my father left the hospital, he spent thirty minutes each with the doctor, a therapist and a priest. He spent five minutes with a nutritionist. He was told to avoid fats and salt and given some samples of fake butter spread.

I start cooking stocks, soups and sauces from

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scratch, fresh vegetables, beans, whole grains and good quality animal protein. Dad has almost no appetite but he eats to show his appreciation.

When he is napping and my mother takes a break to visit with neighbors, I rip through cabinets, throwing out all the crappy canned and processed food. I'm in my glory, finally discarding old jars and spices (some bottles I remember from my childhood). I stuff bad oils and blocks of margarine into he garbage can, finally expressing my rage and food philosophy with only the cabinets as witnesses.

My father never feels sorry for himself even though the therapist predicted depression (statistics reveal 80% of heart attack survivors become depressed and will be placed on anti-depressants). He does his exercises, eats his healthy food, sleeps, has a few good friends visit, and he begins to look and feel better. At the end of the week he can stand up by himself, and he has gained two pounds.

During that week, my father and I didn't talk much. He has always been more a man of actions than of words. Aside from making me a mechanical cripple and a menopausal bride, he helped me (actually he did it all) renovate eleven of the fifteen apartments I have lived in over the last thirty years. For the last twenty years he has picked me up at the bus station when I have come to visit. (He has never been late, not once.)

He allowed me to draw on my bedroom wall with crayons. He held my hand at the skating rink. And after his heart attack, he ate my healthy food.

## UPCOMING COOKING TOURS



### To Grandmother's House We Go...

#### Sicily, Italy

Oct. 1 - 9, 2006 (non-vegetarian)

Oct. 9 - 17, 2006 (non-vegetarian)

#### Oaxaca, Mexico

Feb. 19 - 26 (non-vegetarian)

Groups limited to 12 people per trip

[www.tograndmothershousewego.com](http://www.tograndmothershousewego.com)

e-mail: [grancooks@earthlink.net](mailto:grancooks@earthlink.net)

Tel: 718-768-4662

## BOOK PICKS

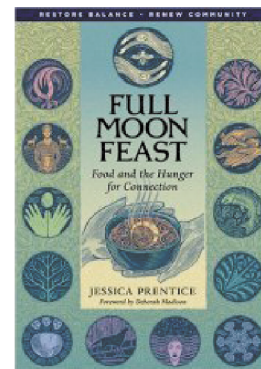
### FULL MOON FEAST by Jessica Prentice (CTP 42)

In *Full Moon Feast*, accomplished chef and passionate food activist, Jessica Prentice, champions locally grown, humanely raised foods and traditional cooking methods.

Following the thirteen lunar cycles of an agrarian year, *Full Moon Feast* is a guide through the cycles of time, from the mid-winter Hunger Moon and the springtime sweetness of the Sap Moon to the bounty of the Moon When Salmon Return to Earth in autumn.

Each chapter includes recipes that display the richly satisfying flavors of foods tied to the ancient rhythm of the seasons.

(Summary taken from the back cover of *Full Moon Feast*.)



## SPOTLIGHT ON...

Bob Stevenson (CTP 90)  
Executive Sous Chef  
The Center for Discovery  
Harris, NY

by Rosemary Serviss



An organic vegetable farm. Six green houses. An organic bakery with a wood-fired Farjas oven. Pigs and cows on pasture. Acres and acres of glorious land near the scenic Catskills. These are but a few of the many features that drew Bob Stevenson to The Center for Discovery.

Although he spent some time cooking in fine dining establishments, his interests in that type of cuisine were outweighed by his desire to be close to a farm and involved in promoting quality foods. Over the course of two years following graduation, he searched diligently across the country for the right fit. Then one day, while reading the monthly online newsletter from Chef's Collaborative, Bob came across an appealing ad for a sous chef at The Center for Discovery. He applied for the position, and Executive Chef, Peggy Parten, took him on a tour of the facility. It was immediately apparent to Bob that this was not just a job, but a welcome lifestyle.

For those who are unfamiliar with The Center for Discovery, its mission is to offer individuals with significant disabilities innovative educational, clinical, social and living experiences designed to enrich their lives through personal accomplishment and increased independence. What makes this mission even more remarkable is that it's carried out in a very "green" environment.

This past April, Bob and Peggy invited Jenny Matthau, Sue Baldassano and me up to The Center



to witness the whole operation for ourselves and discuss the possibility of an internship program. We took the grand tour, spoke at length with the

herdsmen as well as the farmers and even met some of the residents. Right now, the herdsmen are raising English Large Black Pigs and Italian



Chianna Cattle. The farmers are growing 65 types of vegetables with multiple varieties on 20 acres, and they planted a biodynamic pear and apple orchard this past spring. Two of the farmers joined us for an amazing home-grown lunch prepared by Peggy and Bob.

It didn't take us long to determine that an internship program at this site was clearly a "no-brainer." It will be an outstanding opportunity for CTP students. The Center is growing and promoting organic, whole food, farm-based menus for an organization of 1,300 people. Who wouldn't want to be a part of that? What's more, there's a commitment to a progressive "green" attitude in all areas, including building and cleaning products.

Bob explained that interns would have a chance to work on the farm, in the bakery as well as the café, do recipe testing for their cookbook, connect with the residents in a house kitchen while assisting the cook, and also do some executive catering. The hope is that some internships will result in permanent positions, since the goal is to add more like-minded culinary professionals to their staff.

It's comforting to know that an organization like this exists for those in need. It should be the model for all such facilities. The Founder and CEO, Patrick Dollard, is a true visionary. He has certainly been an inspiration to Peggy and Bob who share his "green" vision and are so clearly overjoyed by the good work they're able to do at The Center. Bob put it quite beautifully when he said, "The privilege of harvesting seasonal, organic foods and serving them to the staff and residents renews me often." It's wonderful to see a NG grad living his dream.

To learn more about The Center for Discovery, go to [www.thecenterfordiscovery.org](http://www.thecenterfordiscovery.org)

## A RAW ADVENTURE IN PARADISE

by Nathan Donahoe  
(CTP 113)

**E**veryone knows raw food is “rawesome,” but it can also be tiresome -- the extensive collection of glass ball jars, the prohibitive cost of food and not being able to travel outside of a 100-mile radius without a Greenstar Juicer, Cuisinart and Excalibur Dehydrator in tow. So I was thrilled to find that there is a raw food vacation spot in Hawaii that caters to those hardcore raw foodists such as me.

Pangaia is a raw food permaculture farm and community on the Big Island of Hawaii located on the rarely touristed, rural Hilo side. It has been in existence for over 15 years and was founded by Manis, a 40-something raw foodist who looks and acts like a 20 year old. Vegans, vegetarians and carnivores are all welcome here and can all feel comfortable that all of their food needs are being met.

The produce is incredible, and the variety made me feel like I was in a Garden of Eden. Mangoes, papayas, avocados and macadamia nuts abound. Want a coconut? Get a machete and cut it down yourself, raw foodie! Coconut trees grow like weeds at Pangaia, and with a community Greenstar Juicer, fresh coconut cream is only a few moments away.

We were also treated to tasty and nutritious dairy and meats. There are several goats on the farm who wander about grazing on wild grass, leaves, and coconuts. They are milked twice a day and produce the best goat milk I have ever tasted in my life. Chickens and ducks wander about also eating the same diet, producing eggs with bright orange yolks. On a few days, locals caught fresh ahi tuna, and we had sushi/sashimi nights. Another day, we hiked to the ocean and ate a shellfish called “opihi” (opeehee). We had to pry them off the rocks with knives while trying to avoid being smashed against sharp lava rock by incoming waves.

There were many other adventures I had while there -- swimming with sea turtles, watching flowing lava and surfing -- all at a fraction of the cost of anywhere else on the island. Rates are \$60-150 a day and usually include a private hut and food. Work study is available. If you go, say that Nathan sent you. For more info, go to [www.pangaia.cc](http://www.pangaia.cc)



## TALK TO US

**W**hat's going on in your culinary career? We'd like to share your good news. So tell us what you're up to.

**Next deadline is October 1st.**

Direct all newsletter calls and correspondence to Rosemary Serviss.

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Fax: 212-989-1493

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email: [placement@naturalgourmetschool.com](mailto:placement@naturalgourmetschool.com)



## WHO'S DOING WHAT

### CTP 128 (2006)

**Renae Ask** is a cook at Café Brenda in MN. **Amy Ball** is a personal chef in NYC. **Carell Cassey** spent June at the Omega Institute. In the Fall, she'll cook for a song-writing workshop in France. Then, she'll be working on an organic, sustainable farm in Tasmania. **Summer Kriegshauser** is working at Pure Food & Wine. She's also attending the Academy of Healing Nutrition for Holistic Counseling. **Linda Lantos** is coordinating food for an environmental bike ride in September. She's also co-chairing the catering committee for an 800-person retreat conference next February.

### CTP 126 (2006)

**Susie Arnold** is working at The Bread Company in Montclair, NJ. **Theresa Bliffert** is a nutritionist in WI. **Karen Formanski** is an asst. for public cooking classes at Northshore Cookery in IL. She also cooks for catered events. **Christine Foti** is a personal chef in NYC. **Sara Gifford** is interning at The Center for Discovery in Harris, NY. **Doron Hanoch** has been studying nutrition in the Bay area and in Israel. **Cheryl Hines** is managing the food program at The New Deal Day Care Center in Queens. She's also a cooking instructor. **Annie Kopicko** is a baker at Amy's Bread in NYC. **Portia Lawrence** has a front of the house position at The Blue Room in Cambridge, MA. She also teaches at Natick Community Organic Farm. **Claire Levitch** got married in June and moved to Atlanta. **Daniel Matt** is working at Rick's Picks in NY. **Minna Suh** landed an editorial internship with StarChefs.com.

### CTP 125 (2006)

**Lauren Culleton** is the pastry chef at The Ravens in CA. **Jana Keith-Jennings** has a pastry position at Pure Food & Wine in NYC. She also started a vegan baking business and bakes for Smooch Café in Brooklyn. **Michelle McKenzie** is a pastry cook at Woodfire Grill in Atlanta. **Derek Treuer** is a cook/closing mgr. at The Refectory, a café at the Duke University Divinity School in NC. **Laurence Welch** is in college.

### CTP 123 (2005)

**Seth Aubuchon** is a line cook at Pure Food & Wine in NYC. **James Barry** is a personal chef in CA. **Kate Billett** has a business called Soul Fire Foods in the Virgin Islands. **Ann Cary** is a line cook and baker at Daniel Arthur's restaurant in IA. **Emily Elliot** is a line cook at Carolina Crossroads Restaurant in NC. **Jennifer Goldberg** is a line cook at Native Foods in CA. **Stefan Goldberg** has a garde manger position at Buddha Bar in NYC. **Sabrina Gregath** is the deli mgr. at Dean's Natural Market in Red Bank, NJ. **Neal Harden** is a line cook at Pure Food and Wine in NYC. **Matthew Sherrill** started a company called Solive in PA. **Natasha Stoudt** is teaching private cooking classes in Portland, OR. **Nina Traywick** has a garde manger, as well as a pastry position at the A-Restaurant in Bogota, Columbia. **Maleta Van Loan** is a line cook at Pure Food and Wine in NYC. She also works in the wholesale dept.

### CTP 122E (2006)

**Kimberly Amico** is working at The Plant in Brooklyn. **Brianna Nichols** is the chef at Perelandra in Brooklyn.

### CTP 121 (2005)

**Yasmin Alli** is a private chef in NYC. **Lydia Choudhry** is a cooking instructor and a demo chef in PA. **Allison Fasano** was promoted to head chef at Lucy's Kitchen in Babylon, NY. She's also a personal chef. **Sunie Pope** is working at Green Planet Market in CT. **Carissa Schanely** has a garde manger position at Fire in NJ.

### CTP 120 (2005)

**Annie Alvarez** is a sous chef at The Counsellor's Grill in WV. **Charlie Branciforte** is a baker at Mr. Ritts Gluten-Free Bakery in Philadelphia. **Liz Fleischman** is expecting a baby. **Erika Geldzahler** is the chef on the Letti G. Howard.

### CTP 119 (2005)

**Julie Cole** is asst. mgr. at Dinner Done in Tampa, FL. **Matt Downes** is a pastry cook at Pure Food

and Wine in NYC. **Adrienne Felder** has a business called The Whole Bite, Inc. in Chicago. She teaches classes, cooks for clients, does consulting and catering. She also writes recipes for The Active Survivor Network newsletter. **Carolyn Gilles** has a meal delivery service called Blue Note Foods in NYC. **Shane Kelly** is the chef at the Franklin Farmers' Market in TN. She also teaches at various locations.

### CTP 118S (2006)

**Ori Cosentino** is a p/t cook at Uovo in NYC. She also does some catering. **Abby Fammartino** moved to Seattle and works at Monsoon, a Vietnamese restaurant. She also has a personal chef business called The Natural Chef's Custom Cuisine. **Joanna Perl** is an asst. manager at Le Pain Quotidien at 72nd & Columbus in NYC.

### CTP 117 (2005)

**Kit Libenschek** is a personal chef in Chicago. **Yair Liebert** is a chef/mgr. at The Rabinacle Seminary of America in Queens.



### CTP 116E (2005)

**Trish Buldo** left her position as baker at Bobolinks Dairy Farm to become a confectionery food technologist for Takasago, Inc. in Rockleigh, NJ. **Daniel**

**Casbarro** is the lead lunch line cook at Tucco's Market and Café in CA. **Heather Cunningham** is the catering mgr. at Marion's Continental in NYC. **Joel Mittertag** is a prep cook at Megu in NYC.

### CTP 115 (2005)

**Tanya Melloul** is a baker. **Linda Moore** left Moosewood. She recently did a cooking demo at a health fair in Syracuse. **Kirti Rahi** opened a restaurant called Piquant in New Brunswick, NJ last April.

### CTP 114S (2005)

**Rosemary Antonelle** is a pastry asst. at Eleven Madison Park in NYC. She also has a catering business called Delish. **Tracy Jorg** is a private chef and caterer on Long Island. She also does a vegan cooking podcast on the Internet. **Carla Martinez** is the wholesale pastry manager at Pure Food and Wine in NYC. **Wendy Ramunno** has a garde manger position at Eleven Madison Park in NYC. She's also a freelance food writer. **Wendy Schnitzer** has a company called Yogalicious that offers cooking and yoga classes to kids in CT. **Jason Sellers** is the chef at Laughing Seed Café in NC.

### CTP 113 (2005)

**Lindsay Chapman** is a personal chef in NYC and a cook at Naturally Delicious in Brooklyn. **Nathan Donahoe** left The Canyon in Malibu, CA. **Lakshmi Harilela** has a catering business called Love True Food in Hong Kong. **Dana Jellinek** is pursuing a Master's Degree in Nutrition. **Deirdre Powers** moved to Ireland. **Heather Rouse** is the pastry chef at Pangea in Ithaca, NY. **Erica Strait** is the lead line cook at Ludo in NYC.

### CTP 112 (2004)

**Alana Boucher** is head decorator at Zelda's Sweet Shoppe in IL. **Jennifer Brawn** is a steward at the Natural Gourmet and a personal chef in NYC. **Josh Gonzales** is the head prep cook at 'Snice in NYC. **Jennifer Trinkle** has a personal chef business called Blue Ramekin in Washington, DC.

### CTP 111E (2005)

**Joyce Gurian** is a p/t instructor in the culinary workshop program at Shop Rite in NJ. She also works at OME catering. **Judy Montesarrato** is a personal chef in RI. **Brenda Peterson** has a business called Green Planet Market in CT. **Cindy Siegenfeld** has a business called Turning Point Culinary, LLC on Long Island.

### CTP 110 (2004)

**Aliye Aydin** is a recipe writer for Pioneer Organics. She is also a cooking instructor. **Kristen Kancler** is a baker and recipe developer at Whole Foods in CA. **Becky Mendez** has a business called Frescura in PR. She does catering, baking and private cooking. **Korrin Quinn** moved to Maui. **Joslyn Oppenheimer Sagasta** has a business called Nosh in the Netherlands. She offers nutritional counseling and classes.

### CTP 109E (2005)

**Joe Lockwood** is a line cook at Roy's in Dallas. **Erik Lucas** is the manager and chef at The Green Table in NYC. **Gilda Mulero** is a personal chef in NYC. **Lisa Pritchard** works in a nutritionist's office counseling clients and writing recipes for them. **Diane Raymond** has a personal chef business called Healthy Plate in NYC.

### CTP 108 (2004)

**Lauren Pilgrim** is a personal chef/caterer in NYC.

### CTP 107 (2004)

**Nick Beitcher** was promoted to first course chef at Per Se in NYC. **Emily Cavelier** is the pastry chef

at Pure Food and Wine in NYC. **Maddy Ezanno** is a personal chef and caterer on Martha's Vineyard. **Bo Quijano** owns a restaurant called Baby Bo's Burritos in NYC. **Nicole Parker** has a catering business called Kitchen Alchemy in Salt Lake City. **Tal Ronnen** is a vegan food specialist at Peta in VA. **Naomi Spivack** is a nutritionist in NYC. **Shannon Sullivan** has a personal chef, teaching and nutritional counseling business in NYC. **Pharon Wilson** has a company called Culinary Nation, LLC. He is also chef/owner of Melonhead Café in New Orleans.

### CTP 106E (2004)

**Katherine Meyer Falkowski** has a farm on Long Island called Open-Minded Organics where she grows mushrooms. **Natalie Pitchford** is a food scientist at The Great A & P Tea Company in NJ. **Angela Vicari** is a cook at Canyon Ranch in Tucson.

### CTP 105E (2004)

**Tara Delanghe** is the pastry chef at Jefferson Grill in NYC. **Tolga Klein** moved to Berlin. **Juliet Masters** is a prep cook at Manna Catering in NYC, as well as a freelance chef/event planner. **Ali Meletta** is engaged.

### CTP 104 (2004)

**Anne Baptiste** is the pastry chef at Millennium in San Francisco. **Paul Cucchiarelli** is a cook at Flatbread in NH. He also hosts 4-course vegan dinners. **Rossana DeAngelis** is a wellness consultant in Canada. **Laura Heifetz** is the chef at Bierkraft in Brooklyn. **Liz Kahler** has a personal chef/nutritional counseling business in CA. **Naomi Neustadter** does p/t catering in NYC. **Anthony Pallante** owns Anthony's Everyday Italian Deli & Market in FL. **Daryl Schwartz** is a personal chef in CA. **Maki Stevenson** is a line cook at Craft in NYC. **David Stowe** is a personal chef in MI.

**Dana Wallace** and her husband started their own organic bakery in MT called Ice House Baking Co. **Matt Weber** is the executive chef at Camp Carroll Joy Holling and the Swanson Retreat Center in Nebraska.

### CTP 103 (2003)

**Joni Cushman** is a private chef in Portland, OR. **Lynne Forte** has a business called Earthwise Personal Chef Service, LLC in CT. **Chrisi Harper** is the head chef at Plumgood Food in Nashville. **Jelena Savic** is a personal chef in Chicago.



#### CTP 102E (2004)

**Vanessa Cabrera** is studying natural medicine, herbal remedies and supportive cooking with a doctor in Central America. **Maria Diaz** is the bakery supervisor at Wild Oats in Cleveland. She also teaches cooking classes there. **Nathalie Reid** is expecting her first baby in October. She lives in Queens. **Sara Ross** is a caterer in NJ and a frequent guest chef at the Natural Gourmet Friday Night Dinners.

#### CTP 101 (2003)

**Hilary Brown** opened a restaurant in Lawrence, KS called Local Burger. **Diane O'Connell** left The Canyon in Malibu, CA. **Eavan Daily** is a production chef at Whole Foods in Princeton. She's also a freelance personal chef and caterer. **Katherine Matutina** is the catering manager and events/marketing coordinator for Medicine Restaurant in San Francisco. She also has a personal chef/catering business called Lick the Plate. **Veronica Rodriguez** is chef/owner of a café called Asiquesi in Cabo Rojo, Puerto Rico.

#### CTP 100 (2003)

**Rachel Brumitt** relocated to Washington, DC where she started a personal chef business. **Jennifer Dudek** is the head baker/bakery manager at The Palate Pleasers, an upscale gourmet shop and catering service in Annapolis, MD. **Molly Lippitt** is a personal chef and culinary instructor in CA.

#### CTP 99E (2004)

**Sarah Huck** and **Megan McCluskey** have a business called Season To Taste, offering private cooking, catering and cooking classes.

#### CTP 98 (2003)

**Megan Brenn-White** is a cookbook author and food writer for The Food Network Website. **Sheri Lazar** has a personal chef business called Blissful Palate in MI. She's also a baker at Whole Foods and is on the advisory board for Veggies in Motion. This August, she'll be teaching at the USPCA's national conference in St. Louis. **Lisa Reeder** is the sous chef at a grocery store and café called Feast! in Charlottesville, VA. **Marc Rosenberg** is opening a restaurant in Newark where he will be the executive chef. **Michael Welch** has a catering and personal chef service called Full Plate in NYC.

#### CTP 97 (2003)

**Melissa D'Elia** is the new chef/owner of Down

to Earth in NJ. **Jennifer Lutrell** has a catering business called Tastebuds in IN. **Janet Rosenholz** is a personal chef in NJ.

#### CTP 96E (2003)

**Marian Buck-Murray** has a business called Cooking Adventures for Kids in NJ. **Elizabeth Johnson** is the program coordinator for Community Food Education at Just Food in NYC. She's also a partner in Conscious Cravers, a company she created with Ludie Minaya (CTP 87E) to teach kids about food and health. **Danielle Orthwein** is a personal chef in PA. **Ben Witherspoon** is a sous chef at The Mast Farm Inn in NC.

#### CTP 95 (2002)

**Susan Anzalone** is the general manager at Diane's Restaurant in NM. **Becky Bender** is the catering manager at Tortilla Coast Restaurant on Capitol Hill in Washington, DC. **Rebecca Stevens** is the pastry chef at Venus, a slow food, mostly organic restaurant in Berkeley, CA. **Junko Takagi** is a chef at a vegetarian café in Tokyo. She also teaches cooking classes and develops recipes. She recently wrote a raw foods cookbook.

#### CTP 94E (2003)

**Katrina Bisanti** is a personal chef and caterer in RI. **Pete Solomita** has a cookie business in Brooklyn called Little Buddy Biscuit Company.

#### CTP 93 (2002)

**Nicole Corriveau** is the chef at the Spa at Grand Lake in CT. **Andie Kouyoumjian** relocated to SC and plans to open a restaurant and bar.

#### CTP 92 (2002)

**Anthony Archer** is a personal chef and freelance baker in NYC. **Julie Ayotte** recently helped open a new Whole Foods Market in Woburn, MA as the bakery team leader. **Emily Gorsline** is the pastry sous chef at Mesa Grill in NYC.

#### CTP 91E (2003)

**Ingrid Edwards** is a p/t baker at Lifethyme in NYC. **Tanya Lopez** has a business called Ladybird Home Catering in Newburgh, NY.

#### CTP 90 (2002)

**Anthony Di Rienzo** is chef de partie of the fish station at NoMI in Chicago. **Batya Goldberg** is the chef at NuKitchen Food in LIC. **Cheryll Jarrett** works at Really Cool Foods in NYC. **Bob Stevenson** is the executive sous chef at The Center



for Discovery in Harris, NY. **Stephanie Zinowski** is the chef at First Harvest Café at Wesleyan University in CT.

#### CTP 89 (2002)

**Jonah Chasin** is a personal chef in NYC, as well as one of the chefs at Pennington House. **Tara Kehoe** has a catering business called Natural Indulgence in NY. **Ray Schiel** is a personal chef in CA.

#### CTP 88 (2002)

**Gillian de Seve** is a personal chef in NYC. **Catherine McConkie** is a cooking instructor at Bauman College in Berkeley, as well as a personal chef. **Anna Sobaski** has a business called Gluten Evolution in IA.

#### CTP 87E (2002)

**Annmarie Butera** is a personal chef and cooking instructor in Philadelphia. **Lara Comstock** is a personal chef/caterer in NYC. **Jennifer Katz** is a personal chef in MA. **Ludie Minaya** is a partner in Conscious Cravers, a company she and Elizabeth Johnson (CTP 96E) created to teach kids about food and health. **Daniel Nydick** has a business called Gourmet for the Day in NJ. **Leda Scheintaub** is a personal chef and cookbook editor in NYC. **Bryant Terry** is the founding director of b-Healthy and a partner in Grub. He is also the co-author of *Grub: Ideas for an Urban Organic Kitchen*.

#### CTP 86 (2001)

**Christina Hristakos** has a business called Cosmic Gourmet in NC. **Chandra Neparlo Ozkan** got married last year and teaches cooking classes in VA.

#### CTP 85 (2001)

**Holly Mendenhall** has a personal chef service in Brooklyn called Unfussy Food. **Marie Pavillard** is a personal chef in NYC. **Alec Schuler** is the executive chef at Treppeda's Italian Ristorante in Niwot, CO. He's also a new dad. His son, Bruno Karl, was born in April. **Laura Stoms** is the Dean of Women Students at African Bible School in Malawi.

#### CTP 84E (2002)

**Glenna Clark** is the financial manager of the retail shop at Kripalu in MA. **Pat Curley** offers private cooking classes in NJ. **Dyanne Irby** is a freelance baker in NYC. **Ladan Raissi** is chef de cuisine at L'Escale in the Coronado Marriott Resort in CA.

#### CTP 83 (2001)

**Alex Jamieson** is a holistic health counselor and author of *The Great American Detox Diet*. **Matteo Silverman** has a supper club called 4-Course Vegan and a meal delivery business called Grub To Go in Brooklyn.



#### CTP 82 (2001)

**Bing Lam** is the food and nutrition programme director of Corporate Health Initiative Pte. Ltd. in Singapore. **Amy Rau** has a business called Cakes, Confections and Associates in NYC. **Anie Salerno** is the chef at Om Factory in NYC. She's also a personal chef.

#### CTP 81 (2001)

**Ted Hobart** is the steward, prep cook and lunch line cook at 2 Amy's Neopolitan Pizzeria in Washington, DC. **Martha Newell** is a private chef in FL and Cape Cod. **Jason Olensky** is a personal chef in NY. **Louisa Shafia** has a business called Lucid Food in NYC.

#### CTP 80E (2001)

**Anne Gallagher** is a caterer and personal chef in CT. **Luke Gorey** is a cook at Carmelita's in Seattle. **Mali Horowitz** is the chef and owner of Stephanie's Bakery in San Diego.

#### CTP 79S (2002)

**TipTip Cipriano** is a baker at Lifethyme Natural Market in NYC. **Isabel Marin** is a personal chef in NJ. **Aliyah Rowe** is the assistant manager in the nutrition education department at City Harvest in NYC.

#### CTP 78 (2001)

**Tiffany Betts** is a line cook at Down to Earth in NJ. **Thom Kotch** is the café mgr. at Barnes & Noble in Bethlehem, PA. He's also a chef/instructor in the Lehigh Carbon Community College Culinary Arts Program. **Dre Maher** writes a bi-monthly family gardening column for New Mexico Kids magazine. She also teaches children's classes at a CSA. In addition, she is developing an organic food/nutrition program for a charter Waldorf/Enki Elementary School in Albuquerque.

#### CTP 77 (2000)

**Leslie Bauer** is a whole food chef and nutritional educator in AZ. She also markets a raw food bar she developed called Cocobarra. **Ryan Goldsmith** owns and operates Daily Harvest Catering in CA. He also

has his own farm. **Mickey Walker** has a bakery called LUST in CA.

#### CTP 76E (2001)

**Marlene Bodner** is the special events coordinator for Williams-Sonoma in NYC. **Lagusta Yearwood** is chef/owner of Lagusta's Luscious Vegetarian Meal Delivery Service in New Paltz, NY.

#### CTP 74 (2000)

**Marisa Caltagirone** is a nutritionist at Canyon Ranch in the Berkshires. **Sara Robillard** is a private chef in NYC. **Camilla Sherret** is opening a restaurant in Canada. **Deborah Soffel** is a personal chef in NYC.

#### CTP 73 (2000)

**Susana Castroman** has a small restaurant called De La Cocina de Susana in Puerto Rico.

#### CTP 72E (2000)

**Tom Falconi** is a personal chef in NY. **Judith Friedman** has a business called Conscious Cuisine in NYC. She offers private cooking, catering and cooking classes. She's also the program director at the Natural Gourmet Institute for Food and Health, as well as an Institute and CTP instructor. **Athina Holmes** has a personal chef/catering business called One Hot Stew in FL. **James Xanthos** has a take-out/catering/specialty foods market in Yonkers.



#### CTP 71 (2000)

**Sofia Wilt** is a personal chef, caterer and instructor in HI.

#### CTP 70S (2001)

**Carol Gawryszeski** is a cook/instructor for cancer prevention and survival in The Cancer Project's Food for Life cooking class series, sponsored by PCRM. **Annette Wilson** is a personal chef in CT.

#### CTP 69 (1999)

**Heidi DeCosmo** is a culinary consultant in AZ.

#### CTP 68E (2000)

**Nicole Burrows** is a demo chef at Canyon Ranch in Tucson. **Gaby Sherrow** created a vegan, wheat-free granola called Gaby's Granola. It's available online at [www.gabysgranola.com](http://www.gabysgranola.com). Her vegan, wheat-free Maple Pecan Cookies will be added to her product line this year.

#### CTP 67 (1999)

**Peter Brown** is the chef at Les Mars Restaurant in CA. **Myra Church** is the sous chef at Sette Enoteca e Cucina in Brooklyn. **Katie Haje** has a business called Elemental Foods in NYC. **Suyai Steinhauer** has a meal delivery business in NYC called New York Fork. **Elishia Trotter** is the chef and enrollment manager at the Institute for Integrative Nutrition in NYC. **Michele Zellers** is program director at C-CAP in NYC.

#### CTP 66 (1999)

**Rebecca Katz** is the founder of The Inner Cook, a business focused on teaching individuals and communities how to make healthy connections with food in CA. She's also a senior chef at Commonwealth Cancer Help Program and a cookbook author. **Steve Morgenthaler** is moving to CA.

#### CTP 65S (2000)

**Mark Majer** owns Organic Harvest Café in NYC.

#### CTP 64E (1999)

**Marisa Czajkowski** is a personal chef in NJ. **Irene Dorosh** is a personal chef in NYC.

#### CTP 63 (1999)

**Jan Findlater** is the Salud! Community Room Director at Whole Foods Market in Ft. Collins, CO. **Janelle Sterner** is Chef/Director of Research and Development at Inland Empire Foods, Inc. in CA.

#### CTP 62 (1999)

**Ellen Abraham** owns Simple Treats in VT. She's also a cookbook author.

#### CTP 61 (1999)

**Julie Kaye** is an RD. She's working on her Master's Degree in Public Health. **Deb Marlow** has a business called The Dharma Kitchen in WI where she teaches cooking classes. **Amanda Nahas** is chef/owner of From Scratch Personal Chef Company in Atlanta.

#### CTP 60E (1999)

**Gail Doherty** is a cookbook author. She recently sold Down to Earth in NJ and relocated to Asheville, NC. **Tracy Hatch** is an instructor at the Natural Gourmet. **Sarah Lacamoire** is a freelance journalist in Scotland. **Laura Solimano** is a nutritional counselor and personal chef in CT.

#### CTP 59 (1998)

**Birgitte Antonsen** is a personal chef, instructor and nutritional therapist in Seattle. Her business is called Nature's Way Food. **Alexandra Borgia** is a full-time instructor at the Natural Gourmet, as well as a personal chef.

#### CTP 58E (1999)

**Alice Benedetto** has a dessert company called Raw Indulgence in Westchester. **Marcella Friel** is kitchen mgr. at Spirit Rock Meditation Center in Marin Cty, CA. She also teaches whole foods cooking at Bauman College in Berkeley and Penngrove. **Lacey Sher** is a cookbook author. She recently sold Down to Earth and moved to CA.

#### CTP 57 (1998)

**Antonia Chan** is a demi chef at the Landmark Mandarin Oriental in Hong Kong. **Sherry Krum** has a food consulting business in MD called The Wholesome Krum. **Arielle Potter Levy** is a Jewish Educator for university students in England. She cooks for lunch 'n learn sessions and also conducts challah-making workshops. She's married and has two children.

#### CTP 56 (1998)

**Maria Gutierrez** is a sushi chef at the Ritz Carlton in PR. She's also working on her thesis in Linguistics.

#### CTP 54 (1998)

**Nikole Paulos** is the chef at Laurel Springs Retreat Center in Santa Barbara, as well as chef/owner of Goodie Goddess Treats, a mail order cake company.

#### CTP 53E (1998)

**Donna Goldman** has a home delivery business in NYC. **Stefanie Sacks** is a culinary nutritionist in NY.

#### CTP 52 (1998)

**Martha Diaz** is a cook at Jandi's Natural Food Market on Long Island. **Carlin Greenstein** is a personal chef in NYC. **Ron Malanga** is the operations mgr. at Land of Medicine Buddha in CA.

#### CTP 51 (1998)

**Tatiana Cardoso** has a vegetarian restaurant called Moinho de Pedra in Sau Paulo.

#### CTP 50E (1998)

**Adriana Estefan** owns Sunrise Pizzeria in NJ. **Heidi Klein Valenzuela** has a catering/home delivery business in ME.

#### CTP 48 (1997)

**Colleen Holland** is the food editor for Veg News in San Francisco. **Soraia Melo** is a personal chef in CT.

#### CTP 47 (1997)

**Dina Brighish** has a vegan inn in Schuyler, VA called The White Pig Bed and Breakfast. **Mitch Orland** is the store director at Wild Oats Market in CO.

#### CTP 46E (1997)

**Jennifer Branitz** is the head chef and manager at Jandi's Natural Food Market on Long Island. **Michele Owings** is the chef at Green Earth in Oneonta, NY, as well as a personal chef. **Natanya Siegel** has a knife sharpening business called Nat the Knife Lady in NYC. She also has a catering and teaching business called Spoonful of Love.

#### CTP 45 (1997)

**Sara Pluta** is the national educator for a plant-based enzyme line called Enzymedica in AZ. She's also a writer and researcher for the company.

#### CTP 44E (1997)

**Shawna Good** is the manager of Bouley Bakery & Market in NYC. **Michal Schlierer** is executive chef/culinary advisor at Unilever/Bestfood Foodsolutions in Rotterdam.

#### CTP 43 (1997)

**Lisa Gabriel Eklund** is a contract chef at Hilton Head Health Institute in SC. **Daniel Landes** is chef/owner of Watercourse Foods in CO. **Laura Pole** is on the advisory board of the Center for Mind-Body Medicine and its Food as Medicine Training Program. She also has a personal cooking, catering and teaching business called Eating for a Lifetime in VA. In addition, she's the chef for Smith Farm Retreats.

#### CTP 42 (1996)

**Jody Mutzenberger** is a wellness specialist for The Extended Care Program at The Hazelden Foundation in MN. **Jessica Prentice** is a chef, food activist, author and founder of Wise Food Ways. She is also a cofounder of Locavores and the Eat Local Challenge. She lives in Richmond, CA.

#### CTP 40 (1996)

**Tommy Habetz** is the chef at Gotham Bldg. Tavern in Portland, OR.

#### CTP 39E (1997)

**Hillary Stern** is a food counselor/educator in New Milford, CT. **Elisa Winter** is the head chef at

Mother Earth's Storehouse in Kingston, NY.

#### CTP 38 (1996)

**Christine Maguire** owns Rinconada Dairy in CA. **Paulette Prudhon** writes a food column called *Kitchen Kaleidoscope* and is a restaurant critic for her regional NYT newspaper in FL. She is also a writer on the production staff of the Natural Gourmet Institute for Food & Health brochure.

#### CTP 37 (1996)

**Dan Esses** is the sous chef at Buddakan in NYC.

#### CTP 36 (1996)

**Chris Erickson** has a national Fat Flush meal delivery business based in Newport, RI. This past winter, he was the natural foods chef on a wholistic cruise in the Caribbean. **Donald Montgomery** is a personal chef in NM.

#### CTP 34 (1996)

**Ali Ghiorse** has a business called Savory Thymes in CA. **Sheri DiPelesi** is the catering director/event planner at Second Helpings Café in Brooklyn. **Marguerita Mees** is a personal chef in CA. She gave birth to her second daughter in January.

#### CTP 33 (1995)

**Barbara Frish** is a personal chef in NJ. She also lectures at The Siegler Center for Integrative Medicine.

#### CTP 32 (1995)

**Elliott Prag** is an instructor at the Natural Gourmet. **Lisa Zullig** is the nutritionist at God's Love We Deliver in NYC.

#### CTP 31E (1995)

**Kathryn Bari** does demos and lectures at Stonybrook College in Stonybrook, NY, private cooking and life coaching, and marketing for Organic Frog Int'l. She's also teaching natural foods cooking at a health food store and will help create an organic café. **Joelle Plagianos** is a personal chef and yoga instructor in Miami Beach.

#### CTP 28 (1995)

**Amy Gordon** has a wholistic nutrition counseling practice called South Mountain Wellness in NJ. She also teaches Nutrition at the Natural Gourmet. **Sascha Weiss** is the executive chef at Lettus Café Organic in San Francisco.

#### CTP 26 (1994)

**Lisa Boymann** is the CTP administrator and an instructor at the Natural Gourmet.

#### CTP 24 (1994)

**Judith Shapiro** is the night manager at the Natural Gourmet.

#### CTP 21 (1993)

**Caroline Fidanza** is the chef at Diner in Brooklyn. **Dana Nichols** started a juice company called Adina World Beat Beverages. It does fair trade sourcing and has a product that is organic and bio-nutrient enhanced. **Carolyn Weeks** works p/t at Whole Foods and does some catering on the side in CA. She's also a mom with two children.

#### CTP 20 (1993)

**Kevin Sexton** is a p/t caterer in VA.

#### CTP 19 (1993)

**Karin Turett** is a personal chef in Utica, NY.

#### CTP 18 (1993)

**Bob Arndt** owns Harvest Natural Foods in WY.

#### CTP 17 (1993)

**Marlene Liff-Anderson** has a restaurant called Intaba's Kitchen in Corvallis, OR.

#### Prior to 1992

**James Amerson** is the catering sales mgr. at Bella Luna Restaurant in New Orleans. **Louis Centeri** is a team leader at Whole Foods in NYC.

**Richard Choy** is a certified Quantum Touch instructor in NYC. **Fran Costigan** is chef/owner of For Goodness Cakes, a catering and consulting company specializing in customized, organic, vegan desserts. She is also a food writer, a cookbook author, an instructor at the Natural Gourmet Institute for Food and Health and a regular presenter at conferences throughout the country. **Myra Kornfeld** is a cookbook author and an instructor at the Natural Gourmet. **Jeanette Maier** owns Fancy Girl Catering in NYC. **Leslie Weiner Morrison** is a personal chef and cooking instructor in NJ. **Cheryl Perry** is an instructor at the Natural Gourmet. She also conducts classes and culinary events at Dish. **Peggy Tobin Edwards** is a personal chef in CT. She also works p/t at Edge of the Woods in New Haven. **Eric Tucker** is a cookbook author and executive chef at Millennium in San Francisco.

