



CONTRIBUTORS

Noelle Armstrong is a certified Holistic Health coach who works with individuals and families, helping them to “clear up the confusion” around healthy eating. Along with offering counseling and cooking classes, she is an experienced workshop facilitator. She has a Graduate Mentoring Certificate from the Institute of Integrative Nutrition and a B.S. in Education. www.HolisticandRealistic.com.

Kezia Bacon-Bernstein's monthly column, “Nature (Human and Otherwise),” has appeared in the Community Newspaper Company's South Shore newspapers since 1996. She also writes a weekly “Around Town” column for the Marshfield Mariner, and occasional articles for other publications.

Karen DiTrapani brings to her writing decades of study, experience and seasoned insight as a shamanic healer/coach and organic herbalist. At present, she maintains a Healing and Shamanic Coaching practice in downtown Plymouth. Karen can be reached at kditrapani@hotmail.com.

Teresa Foley is a local freelance writer and foodie focused on community, wellness, and kids. Her work has also appeared in *The Free Bird Times* and *The Cape Way Traveler*.

Mike Gioscia is an award-winning filmmaker, writer, and radio producer. After years as Production Director at WFNX in Boston, Mike left the day-to-day of media madness to spend more time with his kids and become a better writer.

Kristen Lofstrom is a Holistic Health Counselor focused on working with children, parents, and the community. She received her health counseling training from the Institute of Integrative Nutrition in New York City and she also holds a B.A. in Communications and Special Education from Bridgewater State College. Kristen can be reached at krislofstrom@comcast.net.

Mary Blair Petiet, a Cape Cod native, lives with her family in Barnstable. She writes in support of local sustainability and is also a regular contributor to *edible Cape Cod*.

Elizabeth Gawthrop Riely edits *The Culinary Times* on food history, published by the Schlesinger Library at Radcliffe. Her dictionary, *The Chef's Companion* (John Wiley & Sons) is in its 3rd edition, marking changes in the edible landscape.

Kate Strassel is currently pursuing a degree in creative writing and literature at the Harvard Extension School in Cambridge. She lives in East Bridgewater with her husband and two young children and is dedicated to supporting sustainable, organic farming and protecting our environment.

Ellen Petry Whalen grew up spending her summers on Cape Cod and has been calling it home for six years, with her husband and their two organically-fed, homeschooled daughters. She has worked in sales and marketing in the medical nutrition industry as well as in the wine industry. She holds a B.A. in Economics and Spanish from Wellesley College.

Marjorie R. Williams writes fiction and poetry. She gains sustenance from wonderful foods, friends, and family, and she enjoys living in both South Dartmouth and Cambridge, Massachusetts.