

**Janice Alden**  
**PERSONAL BIOGRAPHY**



**Name:** Janice (Jan) Alden

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**Are you married?** Yes, 31 years to Charles (Chip) Specht, originally from Prairie du Chien, Wisconsin. We lived in Minneapolis during our careers.

**Do you have children?** I have two children from my first marriage. Bret is 47 and lives with his wife, Kay, and two children, Tom (10) and Scott (7) in Redondo Beach, CA. Michele (45) and her husband, Ed, have one child, Oliver (5) and live in Boise, ID. My son, Kevin Specht, is 28, not married and lives in Lakewood, CO.

**Favorite activity in high school:** Band

**Colleges/Universities attended:** UCLA, Cal State LA (BA), Minnesota State University at Mankato (MS)

**Employment history:** I began my work career as a clinical psychologist working in an out-patient mental health clinic at Abbott-Northwestern Hospital in Minneapolis. After six years there, I went into private practice with three other women and remained in that practice until I retired in 2003. I feel very fortunate to have had an ideal working environment in which I could maintain my own schedule and client base. We specialized in eating disorders, anxiety, depression, and historical sexual abuse.

**Current interests:** tennis, yoga, biking, cooking, entertaining, reading, traveling, etc. I am never bored.

**Best travel/adventures/vacations:** I have traveled extensively throughout the world, except Australia and Antarctica. My favorite places are the most remote areas, such as Tibet or along the Amazon. Last year we were in the bush in Botswana, Namibia, Zimbabwe and South Africa. I cannot wait to go back to Africa. Our entire family also vacations together. This summer our reunion was in Sapphire, NC.

**Organizations, charities, community events with which you have been involved:** I am an active member of Zonta, an organization of professional women dedicated to bettering the lives of women world-wide. I do volunteer work for PACE, a non-residential school for at-risk girls, where I work with a group of high school age girls. They are learning to plan and carry out community projects. I also work on projects related to stopping and increasing awareness of human trafficking.

