

Helen Frost

Helen Frost was born in Brookings, South Dakota, the fifth of ten children. She graduated from Syracuse University with a degree in Elementary Education and a concentration in English, with Philip Booth and W. D. Snodgrass among her teachers. She received her Masters degree in English from Indiana University in 1994. She is the recipient of a 2009 National Endowment for the Arts Poetry Fellowship.

Throughout her career, writing and teaching have been inter-woven threads. She has published poetry, children's books, anthologies, and a play, as well as a book about teaching writing. She has taught writing at all levels, from pre-school through university.

She has lived in South Dakota, Massachusetts, Scotland, Vermont, Alaska, Oregon, and California, and presently lives in Fort Wayne, Indiana. In Scotland, she taught at Kilquhanity House School, a progressive boarding school. In Alaska, she taught for three years in a one-teacher school in Telida, an Athabascan community of about 25 people, and later taught fifth grade in Ketchikan.

Her first collection of poetry, *Skin of a Fish, Bones of a Bird*, won the Women Poets Series Competition in 1993 and was published by Ampersand Press. Poems in that collection were also awarded the Robert H. Winner Memorial Award and the Mary Carolyn Davies Memorial Award by the Poetry Society of America. Her second poetry collection, *as if a dry wind*, was published by Pecan Grove Press in 2009.

Helen worked with the Fort Wayne Dance Collective for over 10 years as part of an inter-disciplinary artistic team in a violence-prevention program incorporating creative movement, percussion, visual arts, and writing. She has also worked with the Fort Wayne YWCA and the Fort Wayne Youtheatre to help high school students write about how they have been affected by violence.