Colgate honors and wishes Don Martin well after 25 years of service
submitted by Karl Clauss

Shortly after the launch of the new year, members of the Colgate community gathered to honor Don Martin and his more than 25 years of distinguished service as a senior member of the advancement staff. The collection of guests representing all corners of the college revealed just how many meaningful relationships Don has built during his successful tenure. Relationship building is what Don does so well; it has long been the core of his personal and professional ethos and why he has left his mark on this campus and the alumni community in so many ways.

Having spent a few years with the Office of Financial Aid in 1972, Don left campus for St. Lawrence University, his alma mater, only to return in 1983 as director of planned giving. Over the next two decades, he gradually took on added responsibilities, with promotions to senior development officer and, most recently, director of capital and planned gift development. He has been an integral part of two successful major campaigns and departs having made a significant impact on our current “Passion for the Climb” campaign. Evidence of Don’s hard work can be found in Persson Hall, Little Hall, The Harry Lang ’48 Fitness Trails, the Hamilton Initiative, the Glendening Boathouse and, more recently, the completion of the Ho Science Center and Case Library and Geyer Center for Information Technology. Of equal, if not greater impact than the “bricks and mortar” gifts, are the numerous faculty chairs and endowed scholarships that Don has brokered. His work with donors on these leadership commitments ensures Colgate’s ability to attract the finest quality teaching as well as providing access and opportunity for deserving students.

It is often said in the fundraising world that “people give to people not to paper.” This axiom is especially true when working with a donor regarding something as personal as his or her estate plans and retirement savings. The countless Colgate alumni whom Don has engaged and gotten to know so well have committed significant resources to the college because they believe in our educational mission; however, they wouldn’t have entered into these giving arrangements if they hadn’t believed and trusted in Don Martin as well. It’s a trust based on Don’s proven ability to cultivate and nurture strong connections, and Colgate will continue to benefit from generous estate provisions well into the future because of it.

As the face of planned giving for so many years, Don had the unenviable job of keeping current with the ever-changing tax codes that dictate the design and sculpting of planned gift donations. Never one to —continued on page 2
complain when it comes to the IRS, Don was always too willing to make sure our advancement staff was armed with the most current information. And, believe it or not, he had a way of training the staff on new estate planning techniques that actually made it enjoyable to learn. Now that's a skill!

Don’s legacy at Colgate will endure not just because of the successful capital projects he has been a part of, but also because of the impact he has had on fellow colleagues — Colgate’s “human capital.” He has served as a mentor to me, to many who preceded me, and to many of our younger staff. Don’s door was always open to assist or talk through a donor issue – the only time it was closed was if someone beat you to it. His vast experience and kind guidance will be missed by all.

Don, we’re glad you and Suzanne will remain in the friendly confines of Hamilton. Enjoy your extra time with sons Bradley and Jeff, and your two beautiful grandchildren. Remember us, and go easy on us, as you head back with renewed energy to the squash court, the basketball court, the tennis court. And call us sometime from the chairlift or from the sun-drenched dock up at camp. We look forward to hearing about your latest adventures.

Don, for your many contributions to the success of Colgate advancement and all the wonderful qualities that you have imparted to us over the years, our appreciation is unending. We send our repeated thanks and wish you nothing but the best in your next endeavors.

Congratulations to Fé Vivas and Nicholas Stephen Patriciu who were married on December 27 in San Juan, Puerto Rico. Fé is an assistant dean of admission.

**BIRTH ANNOUNCEMENTS**

Yunxiang Gao and Graham Hodges welcomed twin sons, Graham Zhen Gao-Hodges (7 lbs. 11 oz., 20 1/2” long) and Russell Du Gao-Hodges (8 lbs. 4 oz., 21” long ) on December 18. Graham is a professor of history and Africana & Latin American studies.

Amy and Joel Sommers welcomed daughter Halima Mae (6 lbs. 13 1/4 oz., 20” long) on December 20. Joel is an assistant professor in computer science.

The Peer Health Educators, the Wellness Initiative and Women’s Studies is sponsoring two events that address body image. Both events are open to Colgate employees. The first, **AMERICA THE BEAUTIFUL**, a film by Darryl Roberts is a socially probing documentary which explores the question, “Does America have an unhealthy obsession with beauty?” Meet the director and attend a screening of the documentary on Monday, February 16 beginning at 7 pm in 209 Lathrop Hall. The second event, **Colgate the Beautiful: Body Image on Campus,** featuring director Darryl Roberts is scheduled for Tuesday, February 17, 11:30 am - 1:00 pm in the Center for Women’s Studies, East Hall. Lunch is provided.
Winter blues  
by Michelle Antzak

Winter time is here and many people are feeling a little bit of the winter blues. Although it is normal to feel a little down in the winter months, for some people it is more than just the winter blues. Seasonal affective disorder (SAD) can occur in any season, but it is most common in the winter. SAD is a cyclic seasonal condition where the patient feels depressed, tired and lethargic for certain months out of the year. Researchers are not sure exactly what causes this disorder, but have several theories on why this happens to certain people.

Some link it to a sleep related chemical called melatonin. In the winter the production of melatonin in the body usually increases and this has been linked to depression. Some believe that SAD is caused by a disruption in the bodie’s circadian rhythm, or internal clock. As the days get shorter there is a reduction in the level of sunlight which can cause your internal clock to become disrupted. This has also been linked to depression. The third theory has to do with serotonin, a chemical produced in the brain that affects mood. The shorter days in winter and reduction of sunlight can cause a drop in serotonin and can cause depression.

The main symptom of winter/fall seasonal affective disorder is depression. Other symptoms associated with SAD are: hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in enjoyable activities, increased craving for carbohydrates and difficulty concentrating and processing information.

SAD can also occur in the spring and summer months. The symptoms vary slightly from the winter/fall disorder. They include anxiety, insomnia, irritability, agitation, weight loss and poor appetite. Some people, although rare, can also have a condition called reverse SAD, where they are in a persistently elevated mood, are hyperactive and have extreme enthusiasm that is out of proportion to the situation.

SAD commonly begins in young adulthood, but very rarely occurs in people under the age of 20. A person is more at risk for developing this disorder if there is a family history of SAD and if they live in northern locations. Women have the disorder more commonly than men, but men tend to have more severe symptoms. Symptoms commonly start in the fall and early winter and tend to get worse as the winter season progresses.

It is often possible to successfully manage seasonal affective disorder. Treatments include spending more time outdoors, while indoors sitting closer to bright windows, light therapy and medications. See the website link below for more information.

Note: Information for this article came from: www.mayoclinic.com. 

FOR YOUR BENEFIT

Excellus Blue Cross Blue Shield announced two new changes for 2009. Effective January 1 there was a change in vendors for the mail order prescription drug service from Express Scripts (ESI) to PrimeMail. Members that have open prescriptions through the mail order program will have information automatically transferred from Express Scripts to PrimeMail. Refills can be requested by calling 1-866-260-0487 or by going to www.myprimemail.com.

The second change will be the replacement of paper ID cards with new plastic ID cards. During the first quarter of 2009, members will receive their new ID cards from Excellus with a cover sheet listing their covered dependents. Please dispose of the old paper ID cards and begin using the new cards as soon as they are received.

If you have any questions about these changes or have any benefit questions, please contact Human Resources at ext. 7565.

Mark your calendar! Every Friday the 13th presents the Colgate community of students, alumni, parents, staff, faculty and friends with an opportunity to celebrate our love of the number 13, and announce our affiliation by wearing school regalia and/or maroon. Grab your favorite Colgate cap, sweatshirt, tie or pin and wear it proudly - Friday, February 13 is Colgate Day! This year is especially unique since we'll celebrate another Colgate Day on March 13...so keep yours eyes open for events on those special days.

The President’s Holiday Party Raffle

The In Our Own Time committee would like to thank the Colgate community for supporting the raffle held to benefit the Interfaith Council Holiday Project. The committee also thanks the art & craft show vendors, athletics and the bookstore for prizes donated, helping to make this raffle a huge success. This year PAC members were asked to assist with the raffle and the turnout was greatly appreciated. We thank Amy Montroy, Pat Kochan, Maureen MacKinnon, Beth Holcomb, Makiko Filler and Kate Reynolds for their help. A total of $602.50 was raised from the raffle and the table fees and donations collected at the arts & crafts show.

Special thanks to the committee members: Letta Palmer, Colleen Nassimos, Pauline Schambach, Ann Ackerson and Tina Pudney for all their work, and to President Chopp for pulling the winning tickets. Congratulations to all of the raffle winners.
EMPLOYEE NEWS

NEW HIRES
Lewis M. Buell was hired as custodian effective January 19. Lewis and wife Michelle have two children: Anthony and Amber.

Leroy Johnston was hired as custodian, effective January 12. He was previously employed at Orchard Hill Gallery and Custom Framing. He is married to Karen, administrative coordinator in the library. Lee enjoys motorcycles, kayaking and sailing.

Meghann Losee accepted the human resources assistant position effective January 19. She was previously employed at Cazenovia College where she also received her BS degree in business management. Meghann enjoys reading, spending time with her friends and family and traveling.

Darlene Virgil accepted the LASR operator position effective January 14. She previously worked part-time in the library and was the owner/operator of the Bouckville Antique Corner Store. She enjoys antiques, knitting, crafts, and spending time with her husband Robert and family.

NEW HIRES continued
Michelle L. Wyman was hired as administrative assistant, off-campus study, effective January 5. She was previously employed in a part-time position in the Longyear Museum. Shelley received her AAS degree in office technology from Morrisville State College. She and husband Joe have three children: Orrin, 14, Lane, 12, and Emma Kate, 11. Shelley enjoys hiking, camping, horseback riding and activities with her family and church.

PROMOTIONS
Tim Mansfield was promoted to director of alumni affairs effective January 2.

CLASSIFIED ADS

POSITION VACANCIES
Athletics Event Staff (pt - no benefits)
Campus Safety Officer/Dispatcher (pt-no benefits)
Director of Advancement Services
Regional Advancement Director (2 positions)
Staff Nurse (per diem)
For complete details on how to apply visit: https://careers.colgate.edu

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Developing and sustaining a diverse faculty and staff to further the University’s educational mission.

SELL & SWAP
For Sale: Games for PlayStation II. Dark Alliance II, Grand Theft Auto, Ford Racing, The Incredibles, NHL 2K7. Individually priced or all for $85. Call 315-691-5505.

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