A new year is upon us. For many of us, the start of a new year is the time to set our goals, putting pen to paper to capture all of the good intentions we have laid out for ourselves. It is the time we decide what bad habits we want to stop and what good habits we need to start, the time for new commitments. In our increased efforts towards helping employees create a healthy environment at work and at home, our first offering for the 2012 Training Series, Gate to Opportunity, will be a wellness seminar, New Year, New You. Employees and their spouses/partners are invited to join us on Wednesday, January 11, 2012 at 11:00 am in the Huntington Gymnasium, Room 303. We will have representatives on hand for the following:

**Weight Watchers:** Mary Thomas will be previewing Points Plus 2012, Weight Watchers’ newly reformatted and expanded program. Weight Watchers has been rated #1 in best weight-loss diets, according to US News & World Reports. Come discover how their sensible and healthy approach to weight loss can help you shed those holiday pounds and embrace healthy eating habits.

**Smoking Cessation:** Patricia Palmisano from Excellus Blue Cross Blue Shield will provide information on a smoking cessation program that will aid everyone who has committed to entering 2012 smoke free. Add years to your life and improve your overall health by kicking this habit once and for all.

**Personal Trainer Program:** Christina Amato, Trudy Fitness Director, will discuss the new personal trainer program being launched for staff, faculty and students and review the new schedule of fitness classes for the spring of 2012. As an added bonus Joelle Faulks, who recently received her certification in Kettlebell, will be on hand to provide a demonstration. This invigorating work out is guaranteed to help you get fit this spring, as one of our new Focus on Fitness classes.

Each representative will provide an overview of their program and then they will be available at individual stations to meet one on one to provide further information on their respective topics.

Remember, we can all do our part to stay healthy by participating in our wide range of wellness initiatives and striving to make informed lifestyle decisions. If you have any questions, please feel free to contact the Human Resources Department at x7411.

Click [here](#) to view the spring Focus on Fitness class descriptions and registration link.
**E-Readers vs. Old Fashioned Books – Which is Greener?**

Submitted by the Sustainability Office

The E-Reader, be it the Kindle, iPad, or a number of other new competitors coming into the marketplace is a relatively new trend. At first thought, these electronic book devices seem to be more environmentally friendly than your typical paper and cardboard book. E-reader versus paper book is a provocative question. The key to answer it is the basic tenant of sustainability, life-cycle analysis. We must consider not only the trees needed to make paper versus the manufacturing of electronic products, but also the shipping costs, fuel, and ultimately, the energy needed to recycle these materials at the end of their days.

A recent New York Times piece on this subject concluded that unless you’re a fast and furious reader, the energy required to manufacture and then dispose of an e-reader is probably greater than what’s needed to make a traditional book. The Times article explained that if you’re reading forty or more books per year on an e-reader, then that would be the greenest choice for you. Otherwise, it is greener for you to stick to a regular book. This conclusion is reinforced by a study referenced on the website of TerraPass, a carbon offset business. Its authors said that e-readers are the most environmentally responsible choice only if you are reading in excess of twenty-three books per year (http://www.terrapass.com/blog/posts/digital-books-greener-than-real-books).

A company called Cleantech recently studied this subject with similar data, but somewhat in reverse order. This study examined the carbon emitted if you were to read three books a month over four years, and it found that the e-reader would significantly outperform conventional paper books in carbon emitted in that case. Thus, as with many green subjects, definitive answers are hard to come by, or at least, subject to interpretation.

The most sustainable way to read is also the most old-fashioned: go to the public library, borrow three or four books at a time, finish them all, and then return them the next time you’re near the library. Those interested in making more sustainable choices often preach “reduce, reuse, recycle,” and library books can be read by dozens of people over their lifetime, and once they are too beat up to grace library shelves, they can be easily recycled since they are generally all paper. Either way, nothing beats a cold January night like a good read by the fire.

**Don’t Get Frostbitten!**

Winter is here and colder weather has set in. Many people turn to the outdoors in winter for fun and entertainment and, although this is a good thing most of the time, it can turn into a bad situation if you don’t dress properly and protect yourself from frostbite. Frostbite occurs when body tissue freezes. There are three stages of frostbite that can be obtained: frostnip, superficial frostbite and deep frostbite. Frostnip is the least extreme case and according to WebMD, the only form that can be treated at home. Signs of frostnip include the development of white patches of skin that are numb. The more severe cases of frostbite require medical attention. These occur when the freezing gets to a deeper level within the skin. Signs of frostbite include skin that is white or grayish-yellow and feels hard, waxy or numb, blisters or starts to become darkened or black. Most cases of frostbite occur in adults between the ages of 30 and 49, even though those at a greater risk of developing it are children, older adults and people who have circulatory issues.

There are several ways that frostbite can be prevented. The first and most obvious measure that can be taken is avoiding colder temperatures and staying indoors. For many people this is not an option, so clothing provides the next best defense. Since frostbite is most likely to affect areas such as hands, feet, nose, ears and cheeks, it is important that these areas are covered. Winter boots along with warm socks can help prevent frostbite. Mittens should be worn instead of gloves and a hat or scarf can also help cover areas from the cold. It is important to stay dry as wet or damp clothing increases your risk of developing frostbite. Making frequent trips indoors to warm up is also a good idea. Keeping an emergency kit with extra clothing and shoes in your car in case you break down and have to walk in the cold for help can also help to keep you out of situations where frostbite may develop.

If you do suspect that you have developed frostbite it is important to seek medical care. You should not rub your skin or walk on feet or toes that have been frostbitten because this can cause greater tissue damage. Knowing how frostbite occurs and taking the necessary steps to protect yourself are important this time of the year. The outdoors can be fully enjoyed in winter if you keep yourself knowledgeable and safe!

The information for this article came from: http://firstaid.webmd.com/understanding-frostbite-treatment
Individual Retirement Counseling Sessions

Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions. These individual meetings provide you the opportunity to examine your fund selection, discuss how to achieve your financial goals, and review your retirement income options with a retirement counselor.

Fidelity appointments can be scheduled online at www.fidelity.com/atwork/reservations or by calling 1-800-642-7131

TIAA-CREF appointments can be scheduled online at www.tiaa-cref.org/events or calling 1-800-732-8353

Safe Zone Training for Faculty/Staff

Monday, February 21
11:30 a.m. to 1:00 p.m.
Center for Women Studies, East Hall
Light Refreshments Served

Gender Diversity & Trans Inclusion In The Classroom

Wednesday, February 8
4:00 to 4:45 p.m.
Center for Women Studies, East Hall

This 45-minute session is specifically geared for faculty and staff to introduce vocabulary, gender-neutral language and to discuss common elements of college and university movements toward gender inclusion.

Winter Break Wellness & Fitness Programming

Start the year off right with a Trudy Fitness Center orientation and learn how to use all the exercise equipment available to you! The one-hour session will include an overview of the cardio equipment and weight room machines! Dates of winter break orientation sessions include: Tuesday 1/10 4:30pm, Thursday 1/12 4:30pm, Tuesday 1/17 12-1pm, Thursday 1/19 12-1pm. Register for a orientation session by e-mailing camato@colgate.edu or sign-up on colgaterecreation.com.

Coming this semester to the Trudy Fitness Center is personal training! Sign-up to work with a certified personal trainer and get one-on-one instruction and exercise programming. More information on pricing, packages and the personal trainers coming soon! Contact Christina Amato for more information on this new service.

2011 Flex Spending Account Balances

All requests for reimbursement from your 2011 Flexible Spending Account must be incurred by March 15, 2012 and submitted by April 30, 2012. Protect yourself from losing unclaimed funds by taking the time to look over your eligible expenses and submit them to PayFlex for reimbursement.

If you would like to find out the balance on your account, make an online reimbursement request, download claim forms, or view a listing of eligible expenses, visit www.healthhub.com. Reimbursement forms can be found here.

If your PayFlex debit card is denied because of insufficient funds in the account and you still have a balance in your account, you will need to submit claims and receipts online or by mail to expend the remaining funds. Call x7743 if you need assistance.

Remember you must save all FSA itemized receipts (not just the debit card transaction receipts), because IRS regulations mandate that when applicable, itemized receipts are required for claims verification. Receipts must be saved for the same amount of time as your tax returns.

Colgate Day
Friday, January 13, 2012

What is Colgate Day?

It is an opportunity for the Colgate community of students, alumni, parents, staff, faculty, and friends to celebrate our love of the number 13 and announce our affiliation by wearing school regalia and/or maroon. Colgate Day is held anytime the 13th day of the month falls on a Friday. We at Colgate love the number 13 and celebrate it differently all across the globe. So grab your favorite Colgate cap, sweatshirt, tie, or pin, and wear it proudly on Colgate Day!
NEW HIRES

Nathalie Carter accepted the position of Compliance & Event Management Coordinator effective December 5, 2011. Nathalie received her education at Georgia State University.

Matthew Hames accepted the position of Manager of Media Communications effective November 7, 2011. Matt received his education from University of Toronto. He and his wife Rhona have two children, Autumn and Gavin.

Jason Kammeidiener accepted the position of Web Content Specialist effective December 12, 2011. Jason is a 2010 graduate of Colgate University.

Aaron Solle accepted the position of Administrative Assistant for Peace & Conflict Studies and Native American Studies effective November 29, 2011. Aaron received his BA in Communications. He enjoys the radio and art.

PROMOTIONS

William LaRuffa has been promoted to Director, Parents’ Fund effective December 1, 2011.

Heather Payne has been promoted to Parents’ Fund Coordinator effective December 1, 2011.

Jennifer Stone has been promoted to Director of the Annual Fund Programs effective December 19, 2011.

ANNIVERSARIES

25 Years
Robert Pinney-Chemistry

15 Years
Denise Nower-Admission
Jeffrey Golley-Facilities
Linda Maynard - Health Services
David Augustine-Facilities

10 Years
Steven Wilcox-Facilities
Susan Stanton-Accounting & Control

5 Years
Joel Morain-University Theater
Tammy Larson-Picker Art Gallery

A JOB WELL DONE

Congratulations to Letta Palmer (ASIA, LGBT and WMST) for completing her AAS degree in Individual Studies (Business & Liberal Arts) at Morrisville State College. She will receive her diploma on May 19, 2012. Letta is also a part-time student at Colgate and has completed over half of her course requirements towards a major in Religion and a minor in Middle Eastern and Islamic Civilizations.

Again congratulations to Letta for a job well done!

BIRTH ANNOUNCEMENTS

Allison Grim, Conservation Technician and husband, Joseph welcomed their son, Torin, on December 28, 2011. Torin joins brother Salem.

Doug Lupino, custodian, welcomes his newest “Grand Raider” Brody Richard Lupino, born on December 2, 2011 at 1:14 a.m., weighing in at 8lbs. 11ozs. and is 21” long.

POSITION VACANCIES

Administrative Assistant, Parents’ Fund Assistant Director of the Annual Fund Campus Safety Investigator
Campus Safety Officer/Dispatcher (p/t, no benefits)
Desktop Computer Administrator
Director for Equal Employment Opportunity and Affirmative Action
Information Literacy and Social Sciences Librarian, Assistant Professor in the University Libraries
International Student Services Director
Marketing and Special Projects Leader
Personal Trainer (p/t, no benefits-multiple positions)
Senior Instructional Technologist
Stewardship Coordinator
Studio Safety Technician (p/t, no benefits)
Vice President and Dean of the College
Web Developer
Staff Nurse (per diem, no benefits)
Temporary - Athletic Event Staff (p/t, no benefits)
Temporary - Barge Customer Associate/Cashier (temporary and p/t positions)
Temporary - Equipment Service Assistant (no benefits)
Temporary - Maintenance/Laborers (no benefits)
Temporary - Office (no benefits)

SELL & SWAP

For Sale: Granite (bluish/gray) 62”x39”. One edge may need polishing. Sink (14’x16’) and faucet cut out. $200 Steve 794-9834

For Sale: Work rack for p/u truck. Fits GMC long bed. Black, welded w/ladder rack. $150 Steve 794-9834

Colgate University makes no warranty, expressed or implied, about the nature or condition of items advertised and accepts no responsibility for any transaction or item.

The University reserves the right to suspend or terminate the program at any time.

Generics are REAL

go.excellusbcbs.com/generics