Wanted: Men over 40!
Submitted by Doug Lupino, Custodian, Ho Science Center

Our bags were packed, the reservations made. Just one stop on the way home from work and we would be leaving for a 10-day cruise, which had been 40 years in the making. Little did I know that one stop would change my life forever. It was just a routine check-up no big deal. I had one just six months prior. I’m beginning to smell the sea air and feel the warm Caribbean breeze on my face. Over the course of the next hour or so, that thrill would evaporate and I would be scheduling a biopsy.

One in six men will develop prostate cancer at some point. The most important thing to remember is that it can be dealt with. As with most cancer, early detection is key. The success rate over the past 20 years has risen from 67% to 92%.

After consulting with my physician and my family, I chose Memorial Sloan Kettering Hospital in New York City for treatment. It is known worldwide for its expertise in the treatment of prostate cancer. After weighing the options I elected surgery. On June 10, 2010 the gland was removed and after a few weeks of rest I was able to return to work. A year later, I am doing well with minimal side effects. I am fortunate to have had the professional guidance and family support I needed to make an informed decision.

My reason for writing this article is to help spread the word to men, that they should have regular check-ups and blood work for screening for prostate cancer. Too often men tend to let these things go only to experience more difficult problems down the road.

Please contact me at dlupino@roadrunner.com or leave a voicemail for me at 9638, if you have questions or concerns as I am willing to share my experience. Otherwise, give Health Advocate a call for more information. The life you save may be your own!

Top Ways for Men to Take Care of Your Health Now!
Information for this article supplied by Health Advocate

Men are more likely than women to forego doctor visits and routine preventive screenings, ignore symptoms and delay needed care, according the American Cancer Society (ACS). One out of three men do not even have a doctor! The good news: with early screening, many diseases may be successfully treated.

The time for Action is NOW!

Here are suggestions from the leading organizations:

- **Get checked for prostate cancer.** Prostate cancer the most common cancer in men, affects about 1 in 6 American men. Ask your doctor about screenings after age 50, when the risk increases. *(ACS)*
- **Eat more tomatoes.** Tomatoes contain lycopene, which may reduce the risk of prostate cancer. *(Mayo Clinic)*
- **Perform testicular self-exams regularly.** Check for lumps and nodules. See your doctor for routine physicals.
- **Limit alcohol to two drinks a day.** Men are three times more likely than women to become alcoholics. *(CDC)*
- **Seek help for depression.** Men are four times more likely to commit suicide than women. *(National Institute of Mental Health)*
- **Don’t ignore snoring.** Men are twice as likely as women to have sleep apnea – blocked air flow – which can lead to clogged arteries. *(Harvard Medical School)*
- **Go for a 40-inch waistline, tops.** Excess abdominal fat can lead to diabetes, stroke and other diseases. *(CDC)*
- **Stop smoking.** Lung cancer is the second most common cancer in men. *(CDC)*
Home Energy Consumption
(Keep cool; cool efficiently)

Did you know that 43% of your home energy bill can go for heating and cooling? But beating the heat doesn’t mean breaking the bank. As the hot summer months approach it is important to pair energy efficiency with energy intelligence. Below are a few helpful tips that will equate to energy and cost savings while demonstrating environmental stewardship.

Adjust your home thermostat. Set your thermostat a few degrees higher in the summer. Every degree above 72°F will decrease your energy usage by around 8% which also means lower energy bills.

Install a programmable thermostat. A programmable thermostat is ideal for people who have consistent weekly schedules. A programmable thermostat can save you about $180 every year in energy costs. See this short video on how to install a programmable thermostat: http://www.thisoldhouse.com/toh/video/0,20053916,00.html.

Use a humidifier. By reducing the humidity in the air, you are reducing the stress placed on your air conditioner to maintain the desired temperature.

Use a ceiling or portable fan to supplement your air conditioning. A fan can make you feel 3-4°F cooler (and is only a fraction of the cost to operate).

Keep doors and windows closed when the air conditioning is on.

Shade your home. Use shades or drapes to deflect the direct sun from coming through your windows.

Plant trees. Trees planted on the outside of the house will increase energy efficiency on the inside of the house. Deciduous trees on the south side will shade in the summer and lose their leaves and allow more light to reach your house in the winter. Evergreen trees on the north side will act as a windbreak in the winter and their bottom-heavy foliage won't block light from hitting the roof.

Change your air filter regularly—it’s easy and effective! Check your filter every month. A dirty filter will slow down air flow and make the system work harder to keep you warm or cool — wasting energy. A clean filter will also prevent dust and dirt from building up leading to expensive maintenance and early system failure. See this short video on how to change your home air conditioning filter: http://www.ehow.com/video_4986617_change-air-conditioner-filter.html.

Replace old equipment. Is your heating and cooling equipment more than 10 years old? Consider replacing it with newer, more efficient equipment. Replacing your old heating and cooling equipment with ENERGY STAR qualified equipment can cut your annual energy bill by nearly $200.

Duct sealing. In a typical house about 20 percent of the air that moves through the duct system is lost to leaks, holes, and poorly connected ducts. The result is higher energy bills and difficulty keeping the house comfortable. You can try and seal ducts as a do-it-yourself project, however, many homeowners choose to work with a contractor. Visit the eHow Home website to learn more about how to properly seal ducts: http://www.ehow.com/how_2104676_seal-air-ducts.html.

Finally, take a moment to compare your household’s energy use to others across the country and in our region: www.energystar.gov/yardstick.

Be cool; don't waste energy!

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Don’t Let the Bed Bugs Bite

Summer is here and that means that it’s the most popular time for vacations, travel and getting out and about. Even though exposure can occur throughout the entire year, increased travel and overnight stays in hotels, cruise ships and even other homes during the summer can increase the chances of exposure. People have even been known to get bed bugs from a simple activity such as going to the movies. Bed bugs are small flat parasites that feed on blood. They are reddish brown in color and have no wings. Their small size, 1mm – 7mm, and thin natured bodies allow them to easily hide in small creases within mattresses, sheets, luggage etc…and are typically unknowingly transported from place to place during travel. Unlike most popular belief, bed bugs are not an indication of cleanliness and everyone who travels is at risk of getting bitten as well as bringing them home in their luggage. Infestations typically occur within 8 feet of where people sleep, although bed bugs have been known to travel over 100 feet in one night. There are several signs that you can look for if you believe that you have bed bugs in your home. The first and most obvious sign is the presence of bites on the face, neck, arms, hands or other body parts while sleeping, although according to the CDC, bed bug bites are very similar to mosquito and flea bites. Bites can be randomly occurring or in a line. It is very hard to tell if a bite is caused by a bed bug because of the similarity of other bug bites as well as the fact that once bitten it could take up to 14 days for the marks to appear. Some people have had no reaction to the bites at all, whereas others may have an allergy and could get large itchy bumps. Other signs of bed bugs include the presence of their exoskeletons, bugs in the folds of mattresses and sheets, rusty colored blood spots on the bed as well as other surfaces and a sweet musty odor. According to the CDC, although the presence of bed bugs may cause some discomfort as well as insomnia and anxiety, they are not considered to be dangerous and are not currently known to spread any diseases. People who travel and stay in places where large numbers of other people have slept (such as hotels and cruise ships) are the most at risk because their potential exposure to bed bugs has increased. If you travel there is really no way to prevent being bitten, but some steps can be taken to try not to transport these creatures home with you. Inspection of luggage as well as keeping any material that bed bugs could hide in such as clothing, cloth bags, toys etc… in plastic bags while staying in hotels can reduce the chances of bringing these pests home. If you do get an infestation in your home the CDC recommends that you call in professional exterminator since these pests are hard to get rid of once an infestation occurs. More information about bed bugs can be found on the CDC website: http://www.cdc.gov/parasites/bedbugs/faqs.html

Information and graphics for this article came from the CDC websites: http://www.cdc.gov/parasites/bedbugs/faqs.html and http://www.cdc.gov/nceh/ehs/publications/bed_bugs_cdc-epa_statement.htm
Butterfly Release Celebration!

On Wednesday, August 10, 2011 (with a rain date of August 11) at 6:00 pm, Colgate will host a Butterfly Release Celebration on the lawn of Merrill House. This Celebration is sponsored by the Hospice & Palliative Care Development Council of Madison County and proceeds from the event will be used to support children’s bereavement programs.

A life-affirming expression of hope and peace, the Butterfly Release Celebration is a unique opportunity to honor someone special or memorialize loved ones by sponsoring a butterfly in their name. The highlight of the Butterfly Release will be the individual release and flight of hundreds of Monarch Butterflies, accompanied by live music and followed by refreshments.

Sponsorship is $25 per butterfly or five for $100. To ensure that you will have a butterfly to release and acknowledgment of your loved one in the program, all butterfly orders must be received by **Tuesday, August 2, 2011**. To sponsor butterflies please contact the Hospice & Palliative Care, Inc. Development Office at (315) 735-6487 ext. 249, or download an order form from the Colgate Portal. If you should have questions, please contact Maureen McKinnon at ext. 7422.

According to American Indian Legend, if someone whispers a wish to a butterfly and then releases it, that wish will come true.

BIRTH ANNOUNCEMENT

Sarah and Chad Sparber welcomed a daughter, Clare on June 10. Chad is an assistant professor of economics.

RETIREMENT

Linda Brown retired on June 29 (birthday) after almost 13 years of service. Linda’s career started on September 1, 1998 as a custodian.

JULY ANNIVERSARIES

| 40 Years | Joselyn Godwin - Music |
| 35 Years | Marietta Cheng - Music |
| 35 Years | Richard April - Geology |
| 35 Years | Linck Johnson - Humanities |
| 30 Years | Stanley Brubaker - Political Science |
| 30 Years | Yoichi Aizawa - EALL |
| 30 Years | Don Waldman - Economics |
| 30 Years | Matthew Leone - Summer Programs |
| 30 Years | Caroline Keating - Psychology |
| 30 Years | Jo Anne Pagano - Educational Studies |
| 30 Years | John Knecht - Art & Art History |
| 30 Years | Susan Cerasano - English |
| 30 Years | Lynn Schwarzer - Art & Art History |
| 30 Years | Merrill Miller- Health Services |
| 25 Years | Tami Watson - Library |

| 25 Years (continued) | Michael Coyle - English |
| 25 Years (continued) | Robert Garland - Classics |
| 25 Years (continued) | Ernest Nolen - Chemistry |
| 25 Years (continued) | Fred Chernoff - Political Science |
| 20 Years | W. Michael Johnston - Political Science |
| 15 Years | Maureen Hays-Mitchell - Geography |
| 15 Years | Mary Ann Calo - Art & Art History |
| 15 Years | Susan Dolly Lathrop - Admission |
| 15 Years | Rhonda Pancoe - Library |
| 10 Years | David Robinson - History |
| 10 Years | Steven Chouinard - Athletics |
| 10 Years | Raymond Douglas - History |
| 10 Years | Robert Maxwell - IT |
| 10 Years | Daniel Schult - Mathematics |
| 10 Years | Douglas Johnson - Psychology |

| 5 Years | Mary Burkeri - Convenience Store |
| 5 Years | Jessica Graybill - Geography |
| 5 Years | Jennifer Lutman - Writing & Rhetoric |
| 5 Years | Carolyn Guile - Art & Art History |
| 5 Years | Tsega Etefa - History |
| 5 Years | Shannon Sweeney - University Theater |
| 5 Years | Chad Sparber - Economics |
| 5 Years | Anthony Chianese - Chemistry |
| 5 Years | Suzanne Spring - Writing & Rhetoric |
| 5 Years | Anamaria Ionescu - Economics |

| 10 Years (continued) | Naomi Rood - Classics |
| 10 Years (continued) | Christopher Henke - Sociology & Anthropology |
| 10 Years (continued) | David Dudrick - Philosophy |
| 10 Years (continued) | Shawna Eaves - Russian, EALL & German |
| 5 Years | Mary Burkert- -Convenience Store |
| 5 Years | Margaret Darby - Writing & Rhetoric |
| 5 Years | Alan Swensen - German |
| 5 Years | Sarah Wider - English |
| 5 Years | D. Kay Johnston - Educational Studies |
| 5 Years | John Gallucci - Romance Languages |

| 20 Years | Graham Hodges - History |
| 20 Years | Margaret Darby - Writing & Rhetoric |
| 20 Years | Takao Kato - Economics |
| 20 Years | Alan Swensen - German |
| 20 Years | Sarah Wider - English |
| 20 Years | D. Kay Johnston - Educational Studies |
| 10 Years | John Gallucci - Romance Languages |
| 10 Years | David Loveless - Career Services |
| 10 Years | Xiaoning Long - Economics |
| 10 Years | Nicole Simpson - Economics |
| 10 Years | Alan Cooper - History |
| 10 Years | Spencer Kelly - Psychology |
| 10 Years | Glenn Cashman - Music |
| 10 Years | Kenneth Belanger - Biology |

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EMPLOYEE NEWS

NEW HIRES

Debra Townsend accepted the vice president of communications position effective May 23. Debra received her B.A. from Michigan State University. Debra and her husband Dan have three children.

Terrell Ivory accepted the position of assistant men’s basketball coach effective May 23. TI was previously director of basketball operations at Davidson College.

Carter Shaw accepted the position of assistant women’s basketball coach effective June 6.

Christina Amato accepted the position of director of trudy fitness center effective June 6. Christina received her master of science in Exercise & Sport Science from East Carolina University. She enjoys running, music and family.

PROMOTIONS

Ann Kebabian has been promoted to the rank of professor.

Michael Poulin has been promoted to the rank of professor and into the new position of head of digital initiatives and resources in the university libraries.

Peter Tagtmeyer has been promoted to science librarian.

Emily Thigpen has been promoted to assistant dean of admission.

Amber Vogt has been promoted to associate director of alumni affairs.

Teresa Olsen has been promoted to senior associate director of career services.

Susan Mulry has been promoted to associate director of human resources.

James Jerome has been promoted to lead business systems analyst.

David Terrazas has been promoted to web developer.

Daniel Wheeler has been promoted to lead instructional technologist.

Amy Ryan has been promoted to associate director of human resources.

Jill Dinski has been promoted to human resources consultant.

Thirza Morreale has been promoted to associate vice president, institutional advancement; director of campaign operations; director of stewardship.

Douglas Chiarello has been promoted to director of major gifts.

Andrew Coddington has been promoted to associate vice president, institutional advancement; director of planned giving.

CLASSIFIED ADS

POSITION VACANCIES

Associate Director for the Parents' Fund Laboratory Assistant
(part-time, no benefits)
Director for Equal Employment Opportunity and Affirmative Action Assistant Manager of Athletic Equipment Services
Music Collections Assistant
Teaching & Research Support Technician
Late Night Circulation Monitor
Human Resources Consultant
Digital Media Assistant Producer
Instructional Technologist (2 positions)
Career Advisor
Associate University Chaplain and Director of Jewish Life
Assistant Director of Residential Life (2 positions)
Staff Psychologist
Leadership Gifts Officer
Boiler Operator
Director, Shaw Wellness Institute
Summer - various positions
Staff Nurse - per diem, no benefits

Do you need to reduce points or lower insurance rates? If so, the National Safety Council and Colgate University will be holding a 6 hour class on August 10 & 16, from 6:00 to 9:00 p.m., (both nights) in 114 Little Hall, Colgate University. Please call

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COLGATE UNIVERSITY IS AN EO/AAE
Developing and sustaining a diverse faculty, staff, and student body further the university’s educational mission.

SELL & SWAP

For Sale: couch and oversized chair for sale. Subdued floral pattern, pale greens and yellow’s, two pillows that match. Excellent condition. Purchased from Johnny Appleseeds. $949.00 for the set. Call Colleen at 684-7759.

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.

For complete information on position vacancies and to submit an application visit our website at: https://careers.colgate.edu

CELLEBRATE SUMMER

Cindy Terrier, Administrative Assistant for Political Science, was the winner of the Celebrate Summer drawing held on June 29.

Andy Daddio, university photographer, will be showing 4 pieces of his personal fine art photography in a group photography show at the Smithy Pioneer Gallery in Cooperstown. The show opens on June 30 and goes through July 27. If you are in the area, please stop and check out the show!