March is National Nutrition Month

It seems that wherever we go, we hear or see messages encouraging us to start living a healthier lifestyle; to sit up and take notice of our health. There are commercials, ads, news reports, billboards, workplace events, conversations with co-workers and friends, government reports, the biggest loser, websites, emails, and our doctor’s advice to name a few. There’s no denying that health is a hot topic.

Why is it so important to improve our diets? To take a genuine interest in our personal health and well being? Well for one, we can improve our odds of living longer lives free of preventable diseases. When we invest time to exercise and prepare healthy meals and snacks, we not only do our bodies good, we set a good example for our family members. Other benefits that can be achieved include improvements to our self-esteem, overall health and mental well-being. And yes, it even makes financial sense; the healthier we and our family members are, has a direct impact financially in relation to the rising cost in health insurance premiums. Typically health insurance costs are driven by utilization rates which increase significantly as a result of unhealthy lifestyles.

So where do we start? How do we get and stay motivated? The first step is to take a genuine interest in our health; to know our current health status, and to know and understand what changes are necessary for improvement. The next is to explore the vast resources that are available to us.

Improving nutritional habits is one of the best things we can do to prevent health problems, such as heart disease, stroke, high blood pressure, diabetes, osteoporosis and some types of cancer. Good nutrition coupled with increased physical activity can lead to overall improvements in health.

Try out these interactive tools to get a personalized eating plan, or to plan and assess your food and physical activity choices based on the Dietary Guidelines for Americans.

Additional tips for making changes we can live with and enjoy for the rest of our lives include:

- **Aim for balance.** Eat from each food group—grains, vegetables, fruits, milk, and meat and other proteins, including beans. Listen to your body. Eat when you’re hungry. Stop when you feel satisfied.
- **Look for variety.** Be adventurous. Choose different foods in each food group. Eating a variety of foods each day will help you get all the nutrients you need.
- **Practice moderation.** Don’t have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.

Consider some small changes you can make. Pick ones you can keep doing.

- Don’t try to change everything at once.
- Set an easy goal you can reach, like having a salad and a piece of fruit each day.
- Make a long-term goal too, such as having one vegetarian dinner a week.
Ergonomics: Don’t let work be “a pain in your back” this year
This year, don’t let those long hours working at your office desk be a pain in your back by practicing good ergonomics. What is ergonomics you ask? Ergonomics is the applied science of equipment design for the workplace with the intention of maximizing productivity by reducing operator fatigue and discomfort. More simply, ergonomics is about creating a healthy workstation. This usually starts with the chair. Most workstation chairs have three possible adjustment features: seat height, seat depth, and backrest height. The most common size adjustment is seat height. Ideally, the seat height should be set so that the user’s feet rest comfortably on the floor while the upper body is high enough so that work can be done comfortably at the desk. However, because the height of most desks is fixed, petite users will usually have to raise their chair to a point where their feet get lifted off the floor. Maintaining such a position for any length of time will put undue stress on the undersides of the thighs, which can cause circulation problems and nerve damage. In this case, placing a height-adjustable footrest under the desk will solve the problem and give petite workers proper support for their feet and legs. A second, somewhat common size adjustment is seat depth. The primary concern with seat depth is to provide a maximum amount of surface area on which to distribute the body weight, while being certain that the delicate area inside the knee is kept clear of potential contact stresses, such as pressure from the front of the seat. As a general rule, when sitting with your back properly supported by the backrest, there should be approximately 2 to 4 inches of space between the front of the seat cushion and the inside of your knee. A third, less common size adjustment is backrest height. As with seat depth, the idea of adjustable backrests is to maximize surface contact and minimize pressure points. While the curvature of people’s backs, particularly the curvature of the lumbar area of the spine, varies somewhat from person to person, it is the

RecycleMania returns to COLGATE
by John Pumilio
Over the past year, student researchers in Professor Cardelus’s FSEM 124 class and in Professor Turner’s ENST 480 class provided important insights and recommendations on ways to increase our recycling rate at Colgate. Among their conclusions were that the ratio of trash cans to recycle bins were out of proportion making it inconvenient in many instances to recycle. The student researchers also put together focus groups that verified what many concerned community members had suspected: 1) a significant percentage of people on campus are complacent about recycling (meaning they will only recycle if it is convenient) and 2) many people on campus do not know how to recycle often mixing paper and plastics and non-recyclables in the same recycle bin. Furthermore, waste audits have confirmed that anywhere between 30-50% of the contents (by weight) in any given trash container can actually be recycled. Throwing recyclables in the trash is a waste of money, energy, and precious resources. The students recommended adding additional recycle bins accompanied with clear signage.

These efforts provided the impetus for Colgate to invest in 2,250 recycling containers for campus (including 1,800 5-gallon recycling containers for use in student rooms). These bins were placed in 12 academic buildings, 7 residence halls, 9 Broad Street houses, and additional bins are now available for event recycling. Over the past few weeks, students have been helping to put signage with each bin to better facilitate proper recycling. This project is only a few weeks old but through the RecycleMania competition we can see it is already making a difference.

RecycleMania is an annual 10-week recycling competition with over 630 colleges and universities participating. This year marks Colgate’s second year in the competition and when we compare 2011 - Week 1 to 2010 - Week 1 we increased our recyclables by 4,530 lbs. and we decreased our landfill waste by 5,920 lbs. Very impressive one-week totals especially considering we have more students on campus this year! We will have to wait to determine if this trend will continue but it is a very promising start. Our overall goal is to increase our recycling rates from 14% last year to over 20% this year. If we can accomplish and maintain a 20% recycling rate, then the university will save roughly $100K over the course of the next 10 years in landfill tipping fees. A trend that is good for the environment and good for our coffers.

The best part about RecycleMania is that everyone can participate. By simply making the effort to place your recyclables in the proper container, you are helping Colgate’s cause. Remember that recycling at Colgate is easy. Printer/copier paper, magazines, newspaper, and all paper products go in the paper recycling container while plastic, glass, and cans go in the bottle and can recycling container.

You can learn more about recycling and follow our progress during the RecycleMania competition (which ends on April 2) by visiting our website: http://www.colgate.edu/about/sustainability/wasteminimizationandrecycling.
-continued from page 1

Having the right support helps. Ask family and friends to join you. Get active; take a walk, go to the gym, or dance in the privacy of your home. Just move! Contact Excellus BlueCross BlueShield’s health coaching program at 1-800-348-9786 to develop a personalized wellness plan (for more on Health Coach services see page 3). Consider registering for the Nutrition: Good Eating Guide presentation being held on Thursday, March 24. There’s still room! Click here to register.

Here are some helpful links that provide guidance and support: SparkPeople, Weight Watchers @ Work, Excellus BlueCross BlueShield, nutrition.gov

-continued from page 2

position of the curvature that matters. Therefore, a contoured and height-adjustable backrest can offer exceptional lumbar support while maximizing surface contact and weight distribution.

As more Colgate staff use laptops as their everyday computers, the risks of injury also go up. At left, the user is shown in a hunched over position (very common for laptop users) which over time will create back, neck and shoulder problems. Contact stress on the forearm adds further to the risk of injury. Use of an adjustable laptop holder with an external keyboard and mouse on an adjustable keyboard tray promotes safe laptop work. At right, the user is shown fully supported in his chair with his arms and wrists in neutral positions and the laptop screen at a proper height and distance.

For more information contact Daniel Gough at x7994 or dgough@colgate.edu

“You Rock” Spotlight Award goes to Lori Chlad
Human Resources

This award recognizes contributions and achievements of individuals, teams and work groups. To nominate an individual or team send your nominations with written entry to humres@colgate.edu

Spotlight—Professional Certification

Earning an internationally recognized human resources certification is a goal of many HR professionals. This past December, Lori Chlad, director of human resources, successfully achieved that goal by earning the designation of Senior Professional in Human Resources (SPHR), through the HR Certification Institute (HRCI). Preparing for certification requires preparation and understanding of practical and strategic HR business concepts and demonstrated application in the field. In addition, all candidates must complete and pass a rigorous exam that tests knowledge both gained through HR experience as well as of standard HR business practices, policies, and procedures. HRCI is considered the leader in credentialing by business leaders and the HR profession. Lori joins more than 108,000 certified HR professionals in more than 70 countries and territories.

Our You Rock award, and sincere congratulations, are extended to Lori for this professional accomplishment. We look forward to her continued contributions to best practices in human resources. Way to go, Lori!

Wellness Corner

The Excellus BlueCross BlueShield Health Coaching program is a free service available to you and your family members. A Health Coach is accessible to answer virtually any health care questions you might have 24/7. They provide a range of information from treatment options to managing health care decisions and chronic conditions. In addition, Health Coaches can help you develop a personalized wellness plan based on your needs and budget. They can offer the motivation you need to help you change unhealthy behaviors and develop healthy habits.

Contact a Health Coach today at: 1-800-348-9786 or visit: www.excellusbcbs.com

Please be advised that Health Coaches do not offer medical advice, nor do they render medical services. They act solely as a source for support and education. Always consult with your physician before taking any kind of medical advice.

We would like to extend our gratitude for your kind words and condolences during the recent passing of our aunt, Janet Davis.

—Lori & Mike Chlad and Tom & Julie Davis
Open 'Gate

EMPLOYEE NEWS

NEW HIRES
Eric Bugbee accepted the position of groundskeeper effective January 25. He holds a BS in plant science from SUNY Cobleskill. Eric and wife Tara, have two children, Mackenzie; 3, and Alexandra 1 month. He enjoys gardening, wood working and hunting.
Lauren Ebstein accepted the position of assistant softball coach effective February 7. She was previously employed as an assistant softball coach at Tufts University. Lauren received her MA at Boston University.

PROMOTIONS
Dave Bowers was promoted to associate director of facilities and facilities program manager effective February 1.

CLASSIFIED ADS

POSITION VACANCIES
Assistant Director of Outdoor Education/Group Facilitation Expert
Assistant Multimedia Systems Tech (p/t, no benefits)
Budget Analyst
Campus Safety Officer/Dispatcher (p/t)
Carpenter
Director of the Center for Leadership and Student Involvement
Provost and Dean of the Faculty
Regional Advancement Director
Staff Nurse - per diem, no benefits
Trades Supervisor
Various part-time/temporary positions
Vice President for Communications

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

Individual retirement counseling sessions
Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions throughout the spring. 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 by calling Kelly Dickey at 607-274-645

BIRTH ANNOUNCEMENTS
Erin and Kevin Kalish welcomed James Donald on December 11. He joins big sister Elizabeth, 2 1/2 years old. Kevin is Andrew W. Mellon postdoctoral fellow in ancient western political philosophy.

Tara W. Hudiburg and husband Kristopher Waynant welcomed daughter Mackenzie (7 lbs. 6 oz., 20.5" long) on January 13. She joins her big brother Quinlan, 8. Kristopher is a postdoctoral fellow in chemistry department.

Tara and Eric Bugbee welcomed daughter Alexandra (7 lbs. 1 1/2 oz., 20” long) on January 28. She joins big sister Mackenzie, 3. Eric is a groundskeeper in the facilities department.

Brenda and Frank Frey welcomed son Lucas Bowie(7 lbs. 4 oz. and 20 1/2" long) on January 13. Brenda is an administrative assistant, capital and planned giving and Frank is an associate professor, biology and environmental studies.

Lelise Tarfassa and Tsega Etefa welcomed daughter Sena (8 lbs. and 6 oz., and 20 1/2" long) on January 16. Tsega is an assistant professor, history.

MARCH ANNIVERSARIES

30 Years
Peter Babich-Facilities Department

20 Years
Gary Ward-Natural Sciences

10 Years
Heather Palmer-Finance & Administration
Bill Parmeter-Facilities Department
Bruce Scott-Facilities Department

Generics are REAL
go.excellusbcbs.com/generics

Sell & Swap


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.

Quote of the Month

Without continual growth and progress, such words as improvement, achievement, and success have no meaning.
-Benjamin Franklin

Colgate University is an EO/AAE
Developing and sustaining a diverse faculty, staff, and student body further the university’s educational mission.

Individual retirement counseling sessions
Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions throughout the spring. 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 by calling Kelly Dickey at 607-274-645

BIRTH ANNOUNCEMENTS
Erin and Kevin Kalish welcomed James Donald on December 11. He joins big sister Elizabeth, 2 1/2 years old. Kevin is Andrew W. Mellon postdoctoral fellow in ancient western political philosophy.

Tara W. Hudiburg and husband Kristopher Waynant welcomed daughter Mackenzie (7 lbs. 6 oz., 20.5" long) on January 13. She joins her big brother Quinlan, 8. Kristopher is a postdoctoral fellow in chemistry department.

Tara and Eric Bugbee welcomed daughter Alexandra (7 lbs. 1 1/2 oz., 20” long) on January 28. She joins big sister Mackenzie, 3. Eric is a groundskeeper in the facilities department.

Brenda and Frank Frey welcomed son Lucas Bowie(7 lbs. 4 oz. and 20 1/2" long) on January 13. Brenda is an administrative assistant, capital and planned giving and Frank is an associate professor, biology and environmental studies.

Lelise Tarfassa and Tsega Etefa welcomed daughter Sena (8 lbs. and 6 oz., and 20 1/2" long) on January 16. Tsega is an assistant professor, history.

MARCH ANNIVERSARIES

30 Years
Peter Babich-Facilities Department

20 Years
Gary Ward-Natural Sciences

10 Years
Heather Palmer-Finance & Administration
Bill Parmeter-Facilities Department
Bruce Scott-Facilities Department

Generics are REAL
go.excellusbcbs.com/generics

Sell & Swap


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.

Quote of the Month

Without continual growth and progress, such words as improvement, achievement, and success have no meaning.
-Benjamin Franklin

Colgate University is an EO/AAE
Developing and sustaining a diverse faculty, staff, and student body further the university’s educational mission.

Individual retirement counseling sessions
Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions throughout the spring. 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 by calling Kelly Dickey at 607-274-645

BIRTH ANNOUNCEMENTS
Erin and Kevin Kalish welcomed James Donald on December 11. He joins big sister Elizabeth, 2 1/2 years old. Kevin is Andrew W. Mellon postdoctoral fellow in ancient western political philosophy.

Tara W. Hudiburg and husband Kristopher Waynant welcomed daughter Mackenzie (7 lbs. 6 oz., 20.5" long) on January 13. She joins her big brother Quinlan, 8. Kristopher is a postdoctoral fellow in chemistry department.

Tara and Eric Bugbee welcomed daughter Alexandra (7 lbs. 1 1/2 oz., 20” long) on January 28. She joins big sister Mackenzie, 3. Eric is a groundskeeper in the facilities department.

Brenda and Frank Frey welcomed son Lucas Bowie(7 lbs. 4 oz. and 20 1/2" long) on January 13. Brenda is an administrative assistant, capital and planned giving and Frank is an associate professor, biology and environmental studies.

Lelise Tarfassa and Tsega Etefa welcomed daughter Sena (8 lbs. and 6 oz., and 20 1/2" long) on January 16. Tsega is an assistant professor, history.

MARCH ANNIVERSARIES

30 Years
Peter Babich-Facilities Department

20 Years
Gary Ward-Natural Sciences

10 Years
Heather Palmer-Finance & Administration
Bill Parmeter-Facilities Department
Bruce Scott-Facilities Department

Generics are REAL
go.excellusbcbs.com/generics

Sell & Swap


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.

Quote of the Month

Without continual growth and progress, such words as improvement, achievement, and success have no meaning.
-Benjamin Franklin

Colgate University is an EO/AAE
Developing and sustaining a diverse faculty, staff, and student body further the university’s educational mission.

Individual retirement counseling sessions
Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions throughout the spring. 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 by calling Kelly Dickey at 607-274-645

BIRTH ANNOUNCEMENTS
Erin and Kevin Kalish welcomed James Donald on December 11. He joins big sister Elizabeth, 2 1/2 years old. Kevin is Andrew W. Mellon postdoctoral fellow in ancient western political philosophy.

Tara W. Hudiburg and husband Kristopher Waynant welcomed daughter Mackenzie (7 lbs. 6 oz., 20.5" long) on January 13. She joins her big brother Quinlan, 8. Kristopher is a postdoctoral fellow in chemistry department.

Tara and Eric Bugbee welcomed daughter Alexandra (7 lbs. 1 1/2 oz., 20” long) on January 28. She joins big sister Mackenzie, 3. Eric is a groundskeeper in the facilities department.

Brenda and Frank Frey welcomed son Lucas Bowie(7 lbs. 4 oz. and 20 1/2” long) on January 13. Brenda is an administrative assistant, capital and planned giving and Frank is an associate professor, biology and environmental studies.

Lelise Tarfassa and Tsega Etefa welcomed daughter Sena (8 lbs. and 6 oz., and 20 1/2” long) on January 16. Tsega is an assistant professor, history.