Take 5

The workplace can prove to be challenging when it comes to keeping fit and alert. Sitting for long periods and staring at a computer can zap your energy. But it doesn't have to be this way. You can find ways to use your workplace to your advantage and reenergize yourself.

Most of us spend 30% to 50% of our days in an office and give little thought to making it a healthier environment; one in which we can thrive. It's important that we implement ways to stay fit and decrease stress; to make it work for us and not against us. Sitting at a desk and computer for long periods can lead to low energy and decreased production.

"The workplace is the forgotten arena of the self-improvement battle," explains SparkPeople Coach, Joe Downie. "But it's the place where people need help the most! Stress is a huge factor in how well you perform at work. It clouds your thinking and wears you down," continues Coach Joe. "Without that energy, you lose creativity, concentration and motivation." In return, he says, all you gain is irritability and tension.

Spending five minutes for mental or physical activity periodically throughout your day will help to combat fatigue, increase your energy level, and reduce stress. Be creative and look for opportunities to take five; no special equipment is needed.

Taking care of your mental and physical well-being at work is important and impacts your whole life. All it takes is a few minutes at a time. Try out some of the 5-minute power boosters below. Remember to incorporate stretching, breathing exercises, and good posture into your day.

Get Physical

- Massage your own head and shoulders. Find trigger points of tension in the shoulders, jaw, and base of the skull. Hold pressure for 6-10 seconds.
- Take two steps back from your desk and lean forward until you're in an angled pushup position against the edge of your desk. (This will also work against a wall.) Do a couple quick sets of incline push-ups.
- Lift 1-3 packs of printer paper in each hand. Curl them like weights or lift them over your head.
- Stand up and stretch your muscles. Don't forget your neck and wrists.
- Use a stress ball; it relieves stress while strengthening the forearms and wrists for typing.
- Hold walking meetings.
- Hand-deliver mail, memos and faxes.
- Replace your chair with a stability ball. This helps you maintain good posture, and by balancing, you're working your core muscles all day.

Go Mental

- Do word puzzles. Crosswords, word finds—even a jigsaw puzzle.
- Switch hands with whatever you're doing.
- Draw something. Let your mind create.
- Stand perfectly still for two minutes. Just regroup.
- Do some deep breathing exercises or quiet meditation.

Staying energized and stress-free at work isn't difficult. The key is finding out what works for you and incorporating it into your daily routine.

Click here to view a detailed list of 5-minute power boosters.

April 1, 2011 was an exciting day for sustainability on campus. Approximately 60 Colgate community members gathered in the Ho Science Center to honor the recipients of our first annual campus sustainability awards. The selection committee, comprised of students, faculty, and members of the Sustainability Council, received 40 nomination letters and honored 13 individuals with a sustainability award (8 students and 5 employees).

Among those honored were the assistant director of the annual fund, Lindsey Hoham, for her involvement with the Green Office Program. In her nomination letter, a colleague explained, “Lindsey has done a phenomenal job to educate and motivate our entire department in regards to Colgate’s sustainability efforts. Through her leadership the Colgate Annual Fund team is second in points in the University [Green Office] challenge. She continues to educate us on everyday efforts. Sustainability has become part of our department’s culture. Lindsey truly is our Eco-Hero!”

Michael Stagnaro, executive chef for Sodexo, was also an award winner for his impressive efforts to incorporate locally grown, sustainable food into our dining services. Michael works closely with a local food distributor and local farmers to create new and innovative farm to fork pathways. These new and emerging partnerships support environmentally responsible farming, our local economy, and healthy eating. Michael was also a key supporter of Colgate’s new Community Vegetable Garden. From the very beginning, Sodexo began purchasing the produce and herbs grown by our students to serve in our dining halls. Additionally, Michael has recently teamed up with Mike Jasper and the B&G team, the Sustainability Office, and student members of Colgate’s Compost Club to promote composting on campus. Since the beginning of April, Sodexo has been composting all of its pre-consumer food scraps from Frank Dining Hall. Keeping these food scraps out of the landfill not only saves Colgate money in tipping fees but also provides us with a high quality product – compost – that will ultimately be used in the Vegetable Garden to grow new crops.

Diane English, administrative assistant to the history department, won the ambassador award for her relentless advocacy for recycling. Everybody who knows Diane is impressed with her passion for recycling. If everyone was like Diane, the days of finding plastic bottles in trash cans would be of distant memory.

Beth Parks, associate professor of physics and astronomy, was recognized for her success as chair of the Transportation Subcommittee and member of the Energy Subcommittee of the Climate Action Plan. Through Beth's leadership, the Transportation Subcommittee was able to establish a new rideshare program (purpool.com) to encourage carpooling for employees while proposing well-researched mitigation strategies to reduce Colgate’s transportation related emissions. Beth is also a member of the Sustainability Council and successfully links Colgate’s academic mission with our sustainability efforts by teaching courses related to energy efficiency and conservation.

Ian Helfant, associate dean of the faculty and associate professor of Russian, won an award for his long-time support of sustainability at Colgate. For five years, Ian chaired the Sustainability Council. Under his leadership, the Council completed Colgate’s Forest Stewardship Plan and broke ground on our experimental willow plot located off of Hamilton Street. Among Ian’s many services to the university, he is also a member of the Climate Action Plan Steering Committee and chaired the Air Travel Subcommittee. Over the years, Ian has worked closely with dozens of Colgate students on campus sustainability projects.

Bob Keats and the entire Document Services staff were also acknowledged for their ongoing support of sustainability on campus. The Print Shop uses 50 percent recycled, post-consumer content paper as their default and have worked closely with environmental studies students on their semester long research projects.

This year’s Sustainability Awards gave us a chance to celebrate a few of the many individuals on campus who work tirelessly to promote sustainability at Colgate University. We are already looking forward to next year’s awards!

After one of the longest winter seasons on record, or so it seemed, a new season of fun began in late March – Intramural Softball. Team Staff Infection took to the field for our third season, toughing out all Mother Nature threw at us. The weather was challenging; playing in snow, rain, cold winds and mud. There were injuries, aches and pains but our team never lost spirit! Special thanks to team members (pictured below) and to our families who came to watch and cheer us on. It was a great season; hopefully 2012 will prove to be a much sunnier spring!

—Team Captain Shelley Wyman

[Left to Right: Brendt Simpson, Joseph DiDomizio, Rachel Bernstein, Scott Sheldon, Courtney Savage, Nate Biddle, Becky Ralph, Lisa Hally, Shelley Wyman, Sue Solloway, Letta Palmer (scorekeeper and cheerleader), Rene Beers. Missing: Bill LaRuffa.]
Local animal control should be contacted so that they can come and capture the animal for observation and/or rabies testing. Time is an important factor when it comes to rabies since it is almost always fatal once symptoms appear. Early symptoms include fever, headache and weakness. After that the victim could have one or more of the following symptoms: difficulty sleeping, anxiety, confusion, excitation, hallucinations, agitation, salivating more than usual, difficulty swallowing and fear of water. According to the CDC, death usually occurs within days of the onset of symptoms. Treatment after a possible exposure consists of a dose of human rabies immune globulin followed by 4 doses of rabies vaccination, one given right away and then at 3, 7, and 14 days.


The best way to avoid potential exposure to rabies is to keep a healthy distance from wildlife and report any animals that are acting strangely to your local animal control. Pets also introduce an increased risk of rabies exposure since they are more likely to come in contact with wildlife. With that being the case, it is very important to keep your pets rabies vaccinations up-to-date. In 2009 there were 81 rabies cases in dogs in the U.S. and 300 cases in cats. In fact, the American Veterinary Medical Association estimated that in 2006 more than 36% of cat owning-households did not even take their pets to the vet for routine check-ups or any vaccinations. This is troubling, especially since the rise of rabies cases within pet cats is on the rise.

If you suspect that you have come in contact with any animal that may be rabid, it is important to seek medical attention right away. If you get bitten by any animal it is important to immediately wash the bite with soap and water.

Mark your calendar! **Colgate Day** is Friday May 13! Proudly show off your Colgate regalia or wear our signature color, maroon! Check out the Colgate Bookstore for special promotions. Don’t miss this occasion to celebrate the Colgate spirit!

**Alumni Office News**

**Maroon Citations**

Congratulations to Vicky Chun ’91, Senior Associate Athletic Director, Stanley Krohn, Event Staffer for Sporting Events and Lyle Roelofs, Provost and Dean of the Faculty. They have been selected by the Alumni Council to receive Maroon Citations this year. This special award is given in grateful recognition for significant and invaluable personal contributions to Colgate University and our alumni. They will be honored at the Awards Ceremony during Reunion Weekend on Friday, June 3 at 8:00 p.m. in the Chapel.

**Distinguished Teaching Award**

Each year the Alumni Council recognizes, on behalf of all Colgate alumni, outstanding teachers at the university. They will also be honored during Reunion Weekend. I am pleased to announce this year’s recipients: Susan P. Cerasano – Edgar W. B. Fairchild Professor of Literature and Robert E. McVaugh – Professor of Art and Art History/Chair of Art and Art History

**Alumni Weekend**

We will welcome over 2,000 alumni and friends to campus for Reunion ’11, June 2 – 5. This event places extensive demands on the Colgate community and we are grateful for the support we receive from so many of you. Thank you for helping us make this important event so successful. We hope you have the opportunity to see old friends during the weekend.

RuthAnn Loveless MA’72
Vice President for Alumni Affairs
EMPLOYEE NEWS

Faculty and Staff Climate Survey Update
The university conducted a faculty and staff climate survey, March 28 to April 8, to gain a better understanding of the perspectives, experiences, sense of community and available resources, of our employees at Colgate. In addition the survey results will identify areas where we are doing well as an employer and those that may need improvement.

We would like to extend our appreciation to all employees who participated in the survey. Overall we achieved a 62.5% response rate, (68% staff and 51% faculty). The results of the survey are being compiled by our partner consultants, Baird & McKnight and are expected next month.

The lucky winners for the drawing, which included the grand prize of an Apple iPad, were selected by the President and senior staff and are listed below. Congratulations to the winners and thank you for your participation!

<table>
<thead>
<tr>
<th>Prize</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>iPad</td>
<td>Cody Tipton</td>
</tr>
<tr>
<td>Colgate Inn Gift Certificate - $100</td>
<td>Katherine Mutz</td>
</tr>
<tr>
<td>Bookstore Gift Certificate - $100</td>
<td>Michelle Jacobsen</td>
</tr>
<tr>
<td>Price Chopper Gift Certificate - $100</td>
<td>Wendy Wells</td>
</tr>
<tr>
<td>Price Chopper Gift Certificate - $100</td>
<td>Dan Bouk</td>
</tr>
<tr>
<td>Gift Card - $50</td>
<td>Shelly Robertson</td>
</tr>
<tr>
<td>Gift Card - $50</td>
<td>Carolyn Hsu</td>
</tr>
<tr>
<td>Tickets (4) - Colgate @ Cornell Men's Hockey</td>
<td>Michael O'Hara</td>
</tr>
<tr>
<td>Lunch for 4 with an Athletic Director or Coach</td>
<td>Ken Valente</td>
</tr>
</tbody>
</table>

NEW HIRES
William J. Boyle accepted the position of assistant men’s soccer coach effective March 28. He was recently employed at Michigan State University where he was assistant coach. Bill received his B.A. from Hartwick College. He enjoys the outdoors, camping and hiking.

Virginia Close accepted the position of assistant director, annual fund, effective March 14. She received her B.S. from the University of Vermont. Virginia enjoys going to the gym, cooking, the outdoors, shopping and reading.

PROMOTIONS
Brenda Frey was promoted to advancement researcher effective May 2.

March New Hire Orientation
Back row left to right: Daniel Gough, Jon Beers, Laura Rickard, Patrick Fagan, Ellen Rougeux, Steve Ciolek, Tammy Ertley, Danielle Delaney, Gloria Nantulya, Mona Nyheus-Canales. Front row left to right: Katherine Mutz, Melissa Carver, Becky Dowsland, Ashley Cornell, Matthew Faulker

BIRTH ANNOUNCEMENTS
Brian and Heather Binelli welcomed son Logan Robert (7 lbs., 12 oz., 19” long) on March 7. He joins big sister Hannah, 3 1/2. Heather is an admission administrative assistant.

Andrew and Sara Faulks welcomed daughter Juliann Lynne (10 lbs. 8 oz., 21” long) on March 16. She joins big brothers Braden, 10 1/2 months, and Derick Goldby, 6. Proud grandparents are James and Joelle Faulks. Joelle is a senior technology support analyst in information technology.

Amber and Eric Ronning welcomed son Theodore James (8 lbs., 11 oz., 20” long) on March 31. Eric is the head men’s soccer coach.

Meghan and Eamon Del Giacco welcomed son Rhys Desmond (8 lbs., 2 oz., 21 1/2” long) on April 27. Eamon is a regional advancement director in institutional advancement.

CLASSIFIED

POSITION VACANCIES
Administrative Assistant, Annual Fund
Boiler Operator
Budget Analyst
Campus Safety Officer/Dispatcher (p/t)
Director, Center for Leadership and Student Involvement
Director, Residential Life
Director, Shaw Wellness Institute
Fitness Center Director
Laboratory Animal Care Assistant
(p/t, no benefits)
Leadership Gifts Officer
Provost and Dean of the Faculty
Regional Advancement Director
Staff Nurse - per diem, no benefits
Summer—various positions
Team Advisor/COVE Program Coordinator (p/t, no benefits)
Trades Supervisor
For complete information on position vacancies and to submit an application visit our website at: https://careers.colgate.edu

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

MAY ANNIVERSARIES
30 Years
Karen Johnston Library

20 Years
Kathy Brawn-Athletics

15 Years
Rebecca Costello-Communications

10 Years
Gary Bridge-Campus Safety

5 Years
Jesse Henderson-Art & Art History

SELL & SWAP
For Sale: nice silver metal bed frame, head/foot board, fits full size mattress. Asking $100. Email sroher23@gmail.com for a picture.

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.