OCTOBER IS BREAST CANCER AWARENESS MONTH
By Sue Barnes, Advancement Services Associate

With October being Breast Cancer Awareness month, I would like to recommend that all women have a routine mammogram. I was diagnosed with breast cancer in July of 2009. No one in my family had ever had breast cancer and I did not feel a lump. If not for my routine mammogram, I probably would not have realized that I had cancer until it was at a very advanced stage. The statistics are very alarming about how many women are diagnosed each year. So, please, get your mammogram and take care of your own well being!

On Wednesday, October 5, Human Resources hosted a Learn-at-Lunch with Suzy Burns, RN, Breast Navigator at the Comprehensive Breast Care Center at the Regional Cancer Center at Faxton St. Luke’s Healthcare. Below follows an article that was written by Suzy which appeared in the September 23, 2011 issue of the Utica Observer Dispatch.

What are the guidelines now for routine mammograms for low or normal-risk women?

Women should get a mammogram once a year, beginning at age 40. If you’re at high risk for breast cancer, with a strong family history of breast or ovarian cancer, or have had radiation treatment to the chest in the past, it’s recommended that you start having annual mammograms and or breast ultrasound earlier than the age of 40, usually 10 years earlier than the age of the first degree relative (i.e. mother, sister, daughter) at the time they were diagnosed with breast cancer.

What do mammograms show?

Most screening mammograms include two views of each breast taken from different angles. Diagnostic mammograms involve taking more views than screening mammograms. Even if you have a lump in only one breast, pictures will be taken of both breasts. This is so the breasts can be compared and so that the other breast can be checked for abnormalities. If you’ve had a mammogram before, the radiologist should compare your old mammogram to the new one to look for changes. While they’re looking for possible cancer, your doctors may also come across masses or structures in the breast that deserve further investigation.

In these women, how good are mammograms at detecting early breast cancer? How accurate are they; how many false alarms are there?

Mammograms are probably the most important tool doctors have to help them diagnose, evaluate, and follow women who’ve had breast cancer. But mammograms aren't perfect. Sometimes cancer is missed, a situation called a "false negative." When appropriate, the addition of ultrasound and breast MRI can be most helpful.

Why is it important to also get clinical breast exams? How often should women get them?

There will be an estimated 178,000 new cases of breast cancer in the United States this year, with 40,000 deaths. Clinical breast exams (CBE) can be key in detecting breast cancer early. This is a manual exam of the breasts by a medical professional.
Mark Your Calendar
Open Enrollment Benefits & Wellness Fair 2011

The annual open enrollment period for benefit changes will begin November 7 and continue through November 18. During this time you may make 2012 benefit plan elections in the portal. Please watch the mail for your personal benefits packet.

On November 16 from 11:30 a.m. to 2:00 p.m. in the Hall of Presidents, we will be holding the Benefits and Wellness Fair. This is an opportunity for you to have your blood pressure and cholesterol checked, get your flu shot, meet with benefit representatives, and learn more about the benefits provided by Colgate. Hope to see you all at the fair!

Water and Moisture in Your Home: Preventing Mold Growth
submitted by Michelle Butzgy

The recent rains and damp weather have caused numerous issues in our area, including some water intrusion into our homes. Many people have experienced basement flooding as well as water leaks in their roofs, walls, etc... While most of the troubles are behind us, the risk of mold growth is still a concern, especially if those flooded spaces have not yet been properly dried and cleaned.

Mold, also known as mildew, is a fungus that grows on damp organic matter. Mold reproduces by sending out spores through the air which eventually may land on a moist surface and begin to grow a colony. According to the Center for Disease Control (CDC), mold spores are found both indoors and outdoors in all climates and in all seasons of the year. They state that mold spores are everywhere and no indoor space is completely free from them. Exposure is unavoidable, but steps can be taken to ensure that excessive mold growth does not occur in your home. Following the CDC’s recommendation below can help you avoid mold growth in your home.

The first and most important step to take in the prevention of mold growth is to determine where the moisture is coming from and make the appropriate repairs. Once that step is completed it is important to get the moisture levels down. To prevent mold growth, any wet or damp materials, including building materials such as sheetrock and ceiling tiles, should be dried within 24-48 hours. If mold has started to appear then it should be cleaned with a bleach/water mixture or a commercial mold-killing product. If mold has started to grow in building materials such as insulation or sheetrock those materials should be removed and replaced. If there is visible mold then you may be wondering what types of tests, identifications you may want to have done. According to the CDC, they do not recommend routine sampling for mold, stating that generally it is not necessary to identify the species of mold growing in a building. They also state that air sampling for mold is expensive, that it does not give an accurate or reliable measurement of the types/amounts of mold present and that there are currently no established guidelines or standards for what quantity of mold is acceptable or tolerable within a building. The most important thing to do when finding mold, no matter what type, is to get rid of the moisture and remove the existing colonies.

Mold can be an allergen, so the most common health problem that is related to mold exposure is the development of allergies. The same typical symptoms for a mold allergy occur as with allergies to pet dander and pollen. These can include sneezing, irritation of the nose, mouth or throat, nasal stuffiness, runny nose and red or watery eyes. Irritation from mold can also occur in non-allergic people.

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According to the American Industrial Hygiene Association (AIHA), some molds produce toxic substances called mycotoxins but airborne exposure to these have not been shown to cause health problems in an occupational or residential setting, although it is understood that there needs to be more study in this area. Studies have shown that there is an effect from these mycotoxins when they are consumed on moldy or contaminated foods, but not as much is known about the effects of breathing them in. The AIHA also states that small amounts of mold growth in the workplace or home is not a major concern but that no mold should be allowed to grow indoors.

If you would like more information on mold see the following links for the CDC and AIHA. All of the information for this article has come from these two sites:

http://www.cdc.gov/niosh/topics/indoorenv/mold.html

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**Sustainability & Climate Action Plan**

Submitted by the Sustainability Office

The year 2019 will mark Colgate University’s bicentennial, and now it will also mark the year that the university achieves climate neutrality.

Climate neutrality refers to having no net greenhouse gas (GHG) emissions. This is typically achieved by minimizing on-site GHG emissions as much as possible, as well as by utilizing carbon offsets that occur off-campus. The recently published Sustainability and Climate Action Plan outlines 27 potential mitigation strategies that will help us reduce our on-campus emissions.

Cumulatively, these projects are expected to eliminate approximately 3,700 tons of greenhouse gas emissions (see the wedges graph below). Each wedge in the graph contains projects that will reduce emissions within that category: behavior change, energy and green building, land use and grounds maintenance, solid waste and recycling, transportation, and offset projects. The black line at the top of the graph—delineating the business-as-usual scenario—represents Colgate's estimated emissions if the university took no specific actions to reduce greenhouse gas emissions.

The Sustainability and Climate Action Plan was guided by the Sustainability Council and Climate Action Plan Steering Committee, facilitated by Campus Sustainability Coordinator John Pumilio, and supported by President Jeffrey Herbst. Mitigation strategies were investigated by faculty, staff and students over the course of about 18 months. The Plan outlines a variety of projects that range from high-profile projects—such as the upgrading of Colgate’s heating plant—to several low-cost, high-impact strategies focused on behavior change in offices and residence halls. The Plan will help guide our sustainability program over the course of the next few years, as it provides a comprehensive set of specific, measurable, and tangible goals The Plan is currently available online, and offers readers the option to submit their own ideas, comments, and feedback which will all be considered as we update our plan in 2013.

Colgate’s sustainability efforts are rapidly increasing in popularity and stature—and not just within our campus walls. In June 2011, Colgate received Second Nature’s Climate Leadership Award, which highlights campus innovation and climate leadership. With the Sustainability and Climate Action Plan now in place, Colgate is poised to continue building on its recent accomplishments and continue to be a national leader in sustainability in the years ahead.

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**Two Colgate Employees Head to California to Compete in USTA Senior National Championship**

Colgate Geography Professor Maureen Hays-Mitchell and Chaplains’ Office Manager Ann Zinsmeister and their Manlius-based “Sparks” tennis team represented the Western Region of New York State in the USTA Eastern Senior Sectional Championship in Schenectady in mid-September. With considerable help from Hays-Mitchell and Zinsmeister, their team defeated all 5 teams in the Eastern Section, including New Jersey and the rest of New York State, dropping only one court along the way. They will head to Indian Wells, California at the end of October to compete in the USTA Senior National Championship.

Wish them luck!

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**Bus trip to New York City**

You’re invited to join the Colgate community on a one day bus trip to New York City!

When: November 12
Cost: $40 per person.

Sign up by October 14 and receive the Early Bird Special rate of $36 per person.

To register and for more information, contact Makiko Filler at mfiller@colgate.edu or call 228-6016. Seats will be filled on a first-come, first-serve basis.
NEW HIRES
Edward Cruz accepted the position of Assistant Director of Residential Life effective September 12. Eddie has a masters in counseling and development. He enjoys sports, instruments, exercising and movies.

Thomas Martin accepted the position of Boiler Operator effective September 12. Tom enjoys motorcycles and horseback riding. He has two children, Christopher and Katelynd.

PROMOTION
Timothy Graham has been promoted to Carpenter/Mason/Painter, Foreperson effective September 19.

TRANSFER
Tracy Piatti transferred to the position of Administrative Assistant, Special Events effective September 26, 2011.

ANNIVERSARIES

30 Years
Patricia Kane - ALST

15 Years
Adger Williams - Library
Helen Keabian - Corporate Foundation and Government Relations

10 Years
Amy Davidson - Facilities
Lynne Derhammer - Library
Daniel Partiganoni - Accounting

5 Years
Leonard Zielasko - Facilities
Matthew Kenyon - Facilities
Daniel Tucker - Campus Safety

“Hope for Japan”

After the tragic earthquake and Tsunami that struck Japan on March 11, 2011, a group of Colgate students, staff, and faculty along with the Hamilton community organized various “Hope for Japan” events on and off campus. As of July 31, together, we have successfully raised total of $4,531.51. The money was donated to the Japan Earthquake Relief Fund through the Japan Society in New York. We will continue our fundraising efforts through events and T-shirts sales. Those who would like to purchase T-shirts for this cause may do so at the Colgate bookstore. Thank you for your support!

Mark Shiner, Makiko Filler, and Jill Wakumoto ’11

Thank you, my Colgate friends, for your kind expressions of sympathy in my father’s honor.

Jeanne Kellogg

POSITION VACANCIES
Assistant Director of the Annual Fund
Associate Director for the Parents’ Fund
Business Analyst and Programmer
Campus Safety Officer
Campus Safety Officer/Dispatcher (part-time, no benefits)
Director for Equal Employment Opportunity and Affirmative Action
Evening/Weekend Circulation and Building Supervisor
Senior Associate Director of Athletics
Fundraising
Web Content Specialist - Communications
Staff Nurse (per diem, no benefits)
Temporary - Athletic Event Staff (part-Time, no benefits)
Temporary - Barge Customer Associate/ Cashier (temporary and part-time positions)
Temporary - Equipment Service Assistant, (no benefits)
Temporary - Maintenance/ Laborers, (no benefits)
Temporary - Office (no benefits)

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.

SELL & SWAP


For Sale: Pick-up truck work rack. Has ladder hangers, 67”x100”. Was originally on a 1999 GMC long bed. Asking $150. Call Steve at 794-9834 if interested.

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.