Colgate Director of Athletic Communications  
Bob Cornell retires

After 33 years as director of athletic communications, Bob Cornell will retire on June 30. He has been in the profession for a total of 42 years. Bob is responsible for all publicity and public relations regarding the Raiders athletic department, which encompasses 25 intercollegiate sports.

Throughout his career he has welcomed new technological advancements. He reminisces about using mimeograph machines; noting they have come a long way since then. Over the years, Bob has found ways to adapt and implement these new technologies into standard operating procedures for athletic communications.

Bob has accumulated many honors through the years. Among them are the 2003 Scoop Hudgins Outstanding Sports Information Director Award from the All-American Football Foundation, and a 2006 Maroon Citation for his record of service to the University. In 2008 he was inducted in the Colgate Athletics Hall of Honor and received the inaugural Peter Nevins Award for Distinguished Achievement. This award is given to media relations professional recognizing Bob's advancement of the field of athletic communications and his advocacy for intercollegiate athletics.

Bob has worked 387 consecutive football games, ranking him fifth in the longest active streak in the nation among athletic communication directors. To put this into perspective, the 387 games occurred over the past 35 years and he didn't miss a single game! Bob has spent countless hours on the road and he appreciates his family's support and understanding.

Bob will miss the daily interaction with the student athletes and game day. He will miss working with his young staff and seeing them grow and develop within the profession. And he will miss his colleague, Lisa Diehl, whom he has had the pleasure of working with for the past 20 years. He loves the sense of community at Colgate and he has enjoyed working here tremendously.

Bob is overwhelmed by the number of people he has heard from since the announcement of his retirement; though it comes as no surprise to those that know him. He has touched many lives through his work, and his contribution to Colgate athletics is impressive. He is a well respected colleague and friend, and he will be missed.

Bob and his wife, Shirley, will be staying in the Hamilton area. They plan on spending time in Maine visiting family. Bob is also looking forward to fall fishing on Oneida Lake; something his work schedule never allowed him to experience. Bob may do some part-time work for athletics and he plans on experiencing for himself Colgate tailgate parties and the village traffic jams. He may even take that dream trip to Alaska and do some salmon fishing.

Best wishes to Bob as he begins a wonderful new adventure.
New Voicemail
Our new voicemail, successfully installed on Tuesday, June 9, is called Unity Connection. Note that there currently is no e-mail integration, so that all voicemail messages will have to be checked from a phone. We are working toward providing an optional solution that will include e-mail management of voice messages, which will be ready in the near future.

When you access your voicemail, you will notice that you will be prompted to enter your PIN. When it does, type in what was formerly called your voicemail password. We are preparing access to a website for voicemail management, which will also require a password. Watch for more information about the website.

Getting to voicemail from off campus
To access your voicemail from a phone other than your extension, call 315-228-7840. Press the * key to interrupt the system greeting. The system will prompt you for your ID (that's your extension) and your PIN (your password). Follow the voice prompts for further setup options.

Please contact the Helpline if you have questions or problems at x7111 or 315-228-7111 from off campus.

Caregiving - Facts to know
- Most of those who need a caregiver are older; 80 percent are over 50. And according to a survey done by AARP and The National Alliance for Caregiving, 43% of caregivers are over 50 themselves.
- If your relative suffers from dementia, try to plan most of the activities earlier in the day. As the day wears on, dementia patients often become fatigued and may become more difficult, confused and angry. This phenomenon is called the "sundown syndrome."
- The chronic stress of caregiving can affect the caregiver's health.
- Falls are a common cause of injury among older people. Some falls can be prevented by monitoring medication and continuing to help your relative work on muscle strength and balance.
- Elder-law attorneys handle legal issues affecting the elderly, including powers of attorney, estate planning, Medicare and Medicaid issues, insurance disputes, fraud cases and similar issues.
- Powers of attorney must be executed while the individual is still competent.
- The care recipient should be given as much autonomy as possible.
- Adult day services, respite programs and short-term institutionalization offer needed breaks from caregiving responsibilities.
- Medicaid may cover the costs of long-term nursing home care if your relative has no other resources; Medicare coverage is usually limited to the first few weeks of medically necessary care and does not pay for support services for activities of daily living like dressing, bathing, and using the bathroom.

Salmonellosis
by Michelle Antzak
Salmonellosis is an infection cause by salmonella bacteria. There are several types of bacteria within the Salmonella group, the two most common in the U.S being Typhimurium and Enteritidis. These bacteria cause diarrheal illness in humans. This infection normally lasts 4-7 days and resolves itself, but sometimes the infection can become more severe and last longer. In a severe case the bacteria actually spreads from the intestines into the blood stream and continues on to infect other areas of the body.

These types of infections usually only occur in the elderly, infants, and people who have impaired immune systems. In the U.S. there are approximately 40,000 reported cases of Salmonella annually, but according to the Center for Disease Control (CDC) many cases are so mild that they go unreported. The CDC therefore estimates that the actual number of cases could be 30 or more times greater than the number of reported cases. It is estimated that around 400 people die each year from acute Salmonellosis.

It is more common to have Salmonellosis in the summer than it is in the winter. The Salmonella bacteria live naturally in the intestinal tracts of animals including birds. These bacteria are typically transmitted to humans through consumption of food that are contaminated with animal feces. Foods that are of animal origin are most likely to be contaminated, but it is possible for fruits and vegetables to become contaminated as well. These bacteria are also commonly associated with several types of pets including reptiles and birds (but can be contracted from other pets as well). The CDC recommends that young children not play with animals such as turtles and baby chicks, because of the risk of contamination.

There are ways to help prevent a Salmonella infection. These include cooking eggs and meat thoroughly, and not consuming unpasteurized milk or other dairy products. All produce should be washed before consuming as well. People with Salmonellosis should not prepare food for others, and restaurant workers should always wash their hands thoroughly with soap and water after using the bathroom. All utensils that were used to prepare foods that may be contaminated should be washed thoroughly as well.

Even though most cases of Salmonellosis are mild proper precautions should be followed to prevent contamination and spread of the bacteria, especially within the elderly and infant communities.

All of the information in this article came from the Center for Disease Control (CDC) website: http://www.cdc.gov/
Mark your calendar for Spirit Day 2009. This year’s theme is “Healthy Spirit.” The Spirit Day Committee is currently planning the day’s events, but you can be sure they will include healthy food, activities, demonstrations and fun! Committee members are: David Augustine, Emily Blake, Jackie D’Amore, Sara Groh, Ann-Marie Guglieri, Pat Kochan, Di Lundrigan, Beth MacKinnon, Marni Manwarren, Dr. Merrill Miller, Sue Odell and Megan Wyett.

We plan to incorporate some of the Wellness Initiative’s eight components of wellness into the day. These include: emotional, environmental, intellectual, multicultural, occupational, physical, spiritual, and social wellness. If you have any ideas or suggestions for programming, please contact one of the committee members listed above. We would appreciate hearing from you.

As part of environmental wellness we will ask that you bring a travel mug or sports bottle with you to the event. Like last year, there will be no bottled refreshments offered.

The Step Up Healthy Competition award will be presented to the team coming in first place. This year, instead of purchasing official Spirit Day t-shirts, we encourage everyone to come wearing your Step Up team t-shirt, if you have one, your favorite Colgate apparel, or a Spirit Day t-shirt from the past.

Watch your email for future announcements on the day's events and details of this year’s Spirit Day division/ department competition. It’s not too late to join the committee. If you are interested, please contact Jackie D’Amore x6702 or jdamore@colgate.edu.

Service Awards Dinner
On Wednesday, May 20, employees, retirees, and their guests came together to honor 37 employees for 15, 20, 25, 30, 35, and 40 years of service to the University. Pamela Prescod-Caesar gave a warm welcome to all. Rabbi David Levy gave the invocation, and Lori Chlad and David Hale presented the honorees. President Chopp congratulated them for their service.

15 Years
Cindy Albertina
Tim Borfist
Bea Crandall
Jill Ford
John Gattuso
Jim Jerome
Kathy Langworthy
Jan Lever
Jessica Morgan
Ricki Mueller
Letta Palmer
John Robinson
Cherie Stevens
Vicky Stone
Harry Wootton

20 Years
Lisa Diehl
Di Lundrigan
Tom Murphy
Bill Northey
Tim Ratcliffe
Connie St. Hilaire
Neva Swenson

25 Years
Fred Blake
Mark Broedel
Tom Davis
Stanley Fisher
Debra Linneman
Don Martin

25 Years
Gert Neubauer
Bob Tyburski

30 Years
Kathy Head
Tom O'Neil
Joann Papelino
Chris Scheve
Wendy Wells

35 Years
Helen Payne

40 Years
Jean Hewitt

5 & 10 Year Reception
On Wednesday, May 27, President Chopp hosted the annual 5 & 10 Year Reception to honor 37 employees who celebrated their five and ten year anniversaries. President Chopp thanked the honorees for their service to the University. The reception was held at the Watson House.

(Left to Right, Front Row: Becki English, Dave Augustine;
Back Row: Linda Brown, Bob Thomas, Greg Jeffris)
NEW HIRES
Michael Somple has accepted the position of registrar at the Picker Art Gallery effective June 4. He received his BA in art history and communications from the University of Dayton in Dayton, Ohio and his MA in museum studies from Syracuse University. He was most recently employed at the Munson-Williams-Proctor Arts Institute as curatorial assistant. There he co-authored the catalogue raisonné Auspicious Vision: Edward Wales Root and American Modernism. Michael has worked at the Yale Center for British Art, Hamilton College, and the Columbus Museum of Art in Columbus, Ohio.

TRANSFERS
Ann Landstrom moved to the Dean of the Faculty Division to serve in the role of assistant dean and director of the Office of National Fellowships & Scholarships effective June 1.

BIRTH ANNOUNCEMENTS
Carolyn and John Kozak welcomed son Joss Stanley (7 lbs. 12 oz.) on April 23. Joss joins big sister Callie, 4. Proud new grandma is Diane English, administrative assistant in history.

Aaron Payne and Devon Rambler welcomed son Gage Rambler Payne (5 lbs. 10 oz., 18 3/4" long) on May 8. His arrival makes Helen Payne, assistant to the provost and dean of the faculty, a grandmother for the second time!

PLACE & SWAP
For Sale:
Dining room table and chairs, bookcases, desks, beds, sofa and loveseat. May be seen after June 30. Call 824-9020 for details.

For Sale:
Washer & dryer, Kenmore, XL capacity, excellent condition, $400 for the pair. Call 228-2048.

Wanted:
Crib and changing table, medium oak finish preferred. Call 691-2400.

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.

I would like to thank everyone for their concerns, well wishes, cards and gifts during my illness. It is much appreciated.

—Skip Richards

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Developing and sustaining a diverse faculty and staff to further the University's educational mission.

POSITION VACANCIES
Annual Fund Assistant
Assistant Dean/Senior Assistant Dean/Associate Dean and Coordinator of Multicultural Recruitment
Athletics Event Staff (pt - no benefits)
Campus Safety Officer/Dispatcher (pt - no benefits)
Director of Athletic Communications
Director of Campus Safety
Laboratory Assistant (pt - no benefits)
Leadership Gifts Officer
Regional Advancement Director
Staff Nurse (per diem)

For complete details on how to apply visit: https://careers.colgate.edu