Butterfly Release Celebration!

On Tuesday, August 11 (with a rain date of August 12) at 6:00 p.m. Colgate will host a Butterfly Release Celebration. The 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 on the beautiful grounds of Merrill House.

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 4, 2009.

To sponsor butterflies please contact the Hospice & Palliative Care, Inc. Development Office at (315) 735-6487 ext. 249, or envelopes are available in the Human Resources Office. If you have questions please call Maureen McKinnon ext. 7422 or Joanne Borfitz ext. 7120.

According to American Indian Legend, if someone whispers a wish to a butterfly and then releases it, that wish will come true.
Snakes in New York
submitted by Michelle Antzak

In New York State there are 17 native species of snakes. Out of these 17 there are 3 that are venomous. These three are the timber rattlesnake, eastern massasauga and the northern copperhead. According to the Department of Environmental Conservation (DEC) all three of these venomous species are uncommon, and occur only in certain areas within the state.

Both timber rattlesnakes and the eastern massasauga can be identified by the rattles at the ends of their tails. The timber rattlesnake, according to the DEC, is the largest poisonous snake in New York reaching 3-4.5 feet or longer. These snakes are venomous when they are born, so it is important to leave them alone even if they are small. The eastern massasauga is much smaller than the timber rattlesnake, having an average length of 27.5 inches. The northern copperhead is characterized by the copper color of its head. They also have cat-like pupils and a heat sensing organ called a pit between their eye and nostril. These snakes generally are between 1-2 feet in length. They can be very defensive so care must be taken if encountered.

Although many people are afraid of snakes, most snakes in New York are harmless. There are some precautions that can be taken to avoid/lessen the chances of being bitten. It is important to realize that just because a snake is aggressive and tries to bite, does not automatically mean that it is poisonous. Some non-venomous snakes, such as the northern water snake, are very aggressive and may strike out at humans if feeling threatened. If a snake is encountered the best thing to do is keep a distance and move away slowly. This should lessen the chance of the snake feeling threatened and it should decrease the chances of it striking out. If you are bitten by a snake the first thing to do is identify whether it is poisonous or not. If it is not poisonous, according to SUNY ESF, you should make sure that your tetanus shots are up-to-date. If the snake is poisonous you should keep calm and immediately seek medical care. According to SUNY ESF, poisonous snake bites in NY are rarely fatal among healthy adults.

There are several measures that can be taken to lessen the likelihood of a snake living in or near your home. Snakes need to have a food source, so if you remove the source it is less likely that they will be around. Since many snakes eat rodents and insects, gaining control over the populations of those creatures will lessen the chances a snake will take residence in or near your home. Snakes also like hiding places, so cleaning up litter, toys, rock piles, etc. around your home will take away places for snakes to hide. Snakes may also come into buildings if they can gain access, so blocking openings and cracks will keep them out.

More specific information about individual species as well as their distributions in NY can be found at the DEC website: http://www.dec.ny.gov/animals/7483.html.

Information in this article came from:
DEC: http://www.dec.ny.gov/animals/7483.html
SUNY ESF: http://www.esf.edu/pubprog/brochure/snakes/snakes.htm
Effective July 1, Excellus BlueCross BlueShield (BCBS) replaced their member discount program with **Blue365**. Access to the program is free and members pay vendors directly for services in which they choose to participate. **Blue365** includes discounts that are available exclusively to BCBS members, from select local companies and industry-leading, national brands. These offerings fall into four main health related categories:

1) **Health and Wellness**
   Obtain exclusive discounts on health and wellness products and services. This includes fitness, exercise, nutrition, and elective procedures. Choose from Gold’s Gym®, Curves®, eDiets®, and many others.

2) **Family Care**
   Decision support tools for family care, including how to choose a caregiver or a long-term care insurance provider; we are integrating MedAmerica into this category. Members can also access emotional support to deal with care of a family member from companies like Seniorlink Care™.

3) **Healthy Travel**
   Blue365 offers exclusive travel savings for healthy spa vacations and wellness getaways from companies like Canyon Ranch®, Westin Hotels®, and Fairmont Hotels & Resorts. These include access to healthy meal menus and hotel fitness centers.

4) More information can be found on Excellus’ website at [www.excellus.com](http://www.excellus.com) under the Health & Wellness link.

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**FOR YOUR BENEFIT**

We are pleased to announce the 2009 **Colgate Athletic Hall of Honor Inductees**. I hope you can join us as we honor these six Colgate greats!

**2009 Inductees**
- Larry Bossidy ’57 (baseball)
- Angela Chongris ’98 (lacrosse)
- Andy McDonald ’00 (ice hockey; induction at a later date)
- Tara McGoff ’99 (softball)
- Eugene Robinson ’85 (football)
- Kelly Tyrrell ’00 (soccer)

**The Hall of Honor Induction Ceremony**
Friday, September 11, 2009
Hall of Presidents
JC Colgate Hall
Cocktails 6:00 p.m. (cash bar) – Dinner 7:15 p.m.

To get your tickets ($50 per person), please go to [www.colgatealumni.org/hallofhonor09](http://www.colgatealumni.org/hallofhonor09)

Or for more information, please contact Cindy Chamberlain at 315-228-7611 or cchamberlain@colgate.edu

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**Minimum Wage Increases**

Effective Friday, July 24, 2009, the federal minimum wage increased to $7.25. This increase is the last of three provided by the enactment of the Fair Minimum Wage Act of 2007.

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A total of 47 people consisting of faculty, administrative, buildings and grounds, support and Sodexo staff, and their families and friends enjoyed a day trip to Boston on Saturday, June 13. These bus trips are a perfect opportunity to get to know people outside of the work environment, and to develop new friendships and working relationships.

Makiko Filler, the coordinator of the trip, would like to thank the following employees for their collaborative work in making this trip a wonderful success: Kate Higgins, Heather Payne, Pat Kane, Debbie Pils, Dave Lantz, and Dick Losee. She also thanks the departments who supported this event. Future trips will be advertised in the Open ‘Gate once plans are finalized.
Are you ready for Spirit Day 2009?
Tuesday, August 4
11:30 a.m. - 3:00 p.m.
Whitnall Field

Please join us and help us celebrate our “Healthy Spirit Day.” We hope you will come out and enjoy the activities. There will be “healthy stations,” a “healthy meal” provided by Will Cotter, White Eagle, fun and games.

The 2 first place teams in the Step Up competition will be announced and prizes will be awarded. There will be a 50/50 raffle to benefit the Food Cupboard (we will also be collecting cash/check donations).

This is a university sponsored event. Anyone who opts not to attend, will be expected to remain at work or use vacation time.

Don’t forget to bring a travel mug or sports bottle with you to the event.
Remember to wear your Step Up team t-shirt, if you have one, your favorite Colgate apparel, or a

AUGUST ANNIVERSARIES

30 Years
Carol Baker-Advancement Services
Penny Mintel-Dean of the Faculty
Marcelle Tyburski-Financial Aid

25 Years
Rich Grant-Information Technology
RuthAnn Loveless-Alumni Affairs
Mary Jane Walsh-Library

20 Years
Ann Ackerson-Library
Cindy Baker-Psychology

15 Years
Murray Decock-Institutional Advancement
Nikki Doroschenko-Biology
Jordan Kerber-Sociology & Anthropology
Beth MacKinnon-Humanities
Bob Northrup-Physical Plant
Joy Wrayton-Physical Plant

10 Years
Patti Blinebry-Accounting & Control
Tom Hall-Sociology & Anthropology
Marni Manwarren-Economics
Susan Pasachnik-The Barge Canal Coffee Company
Tina Young-Health Services

5 Years
Jennifer Adams-Residential Life
Monika Burczyk-University Studies
Mike Poulin-Library
Shondell Reed-Athletics
Kelly Thomas-Bookstore

Nancy Callahan Retires
Nancy retired on June 26 after 30 years of service. She spent her first 20 years in Case Library; her last position there was as serials supervisor. She then joined the staff of human resources where she worked as a benefits assistant for the past 10 years. We wish Nancy all the best on her retirement.

If you need assistance with benefits or with payroll processing questions, you should contact Meghann Losee, human resources assistant at x7743.

Demand Response Shuttle Service
On July 1, Colgate announced that Bernie Bus will be the university’s preferred provider for individuals requiring ground transportation within the region. Demand Response Shuttle Service is available to provide transportation for Colgate faculty, staff, students, alumni, and visitors. Reservations require a 24 hour business notice and can be made by calling 315-824-1260 extension 221 or 222. To reach the service after hours or on weekends dial 315-335-5527.

Complete information on the new service is available on the Colgate website http://www.colgate.edu/DesktopDefault1.aspx?tabid=524. The Purchasing Office is the university’s point of contact for this service, and questions or concerns should be directed to purchasing at extension 7474.

Pictured above is Dennis Carney, terminal manager with Bernie Bus, and the new Demand Response Shuttle (note the Colgate maroon color!)

Mark your calendar!
All Staff Meeting
Wednesday, August 19
Love Auditorium, Olin Hall
Refreshments provided. Bring a cup or travel mug.

Wanted Colgate carpool coordinators
Human resources is seeking volunteers who would like to coordinate a Colgate carpool. If you are interested, please contact human resources at x7411.
Generic Trial Program: Everyone Saves With Generics

Experience has shown that more than 90% of all members who start on a generic medication will stay with it - and on average, generics are one-quarter of the price of the brand alternatives.

To encourage the use of generics, Excellus’ Generic Trial Program gives members a one time, free 30-day trial of selected generic medications. The program offers an alternative to drug companies’ heavily marketed, brand samples. And members who continue with the generic medication can save hundreds of dollars per year in out-of-pocket costs.

How does the Generic Trial Program work?

• The first time a member fills a prescription for a generic medication included in the program at a participating FLRx network pharmacy, the member’s copayment/coinsurance for the first 30-day supply will be waived.
• The cost of all refills and future prescriptions for the medication is the member’s responsibility and will be at the usual generic co-payment/coinsurance amount.
• Members are permitted only one free 30-day trial per medication within the program.
• Members may receive a free 30-day trial for more than one medication within the program.

<table>
<thead>
<tr>
<th>If taking</th>
<th>To treat</th>
<th>Consider these generics in the Generic Trial Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prozac®, Zoloft®, Paxil®</td>
<td>Depression</td>
<td>fluoxetine 10 MG, 20 MG</td>
</tr>
<tr>
<td>Celexa®, Lexapro®</td>
<td>Depression</td>
<td>citalopram tablets</td>
</tr>
<tr>
<td>Prilosec®, Aciphex®, Nexium®, Prevacid®, Protonix®</td>
<td>Heartburn</td>
<td>omeprazole 20 MG Prilosec OTC® 20 MG</td>
</tr>
<tr>
<td>Tenormin®, Inderal LA®, Corgard®</td>
<td>High Blood Pressure</td>
<td>atenolol</td>
</tr>
<tr>
<td>Lopressor®, Toprol XL®</td>
<td>High Blood Pressure</td>
<td>metoprolol tartrate</td>
</tr>
<tr>
<td>Hydrodiuril®</td>
<td>High Blood Pressure</td>
<td>hydrochlorothiazide tablets</td>
</tr>
<tr>
<td>Prinivil®, Zestril®, Accupril®, Altace®</td>
<td>High Blood Pressure</td>
<td>lisinopril</td>
</tr>
<tr>
<td>Mevacor®, Lipitor®, Pravachol®, Zocor®, Lescol®</td>
<td>High Cholesterol</td>
<td>lovastatin, simvastatin</td>
</tr>
<tr>
<td>Ditropan®, Detrol LA®, Oxytrol®, Sanctura®</td>
<td>Incontinence</td>
<td>oxybutynin IR tablets</td>
</tr>
<tr>
<td>Celebrex®</td>
<td>Arthritis/Pain</td>
<td>meloxicam tablets</td>
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<tr>
<td>Actonel®, Boniva®, Fosamax®</td>
<td>Osteoporosis</td>
<td>alendronate</td>
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</tbody>
</table>

List subject to change.

Medications included in the Generic Trial Program

—Excellus is pleased to provide its members with an opportunity to save on the cost of prescription medications.
—The Generic Trial Program is a standard part of the prescription drug benefit.

go.excellusbcbs.com/generics
EMPLOYEE NEWS

NEW HIRES

Khym Isaac DeBarros accepted the position of staff psychologist effective July 6. Khym was previously employed as a psychotherapist with the Iroquois Mental Health Center. She received her Ph.D. from Indiana University. Her husband Eric is a visiting fellow in English.

Caroline Sprague accepted the position of admission counselor effective June 29. She was recently employed as senior intern at Hamilton College where she received her BA degree. Caroline enjoys hiking, playing the violin, photography and singing.

Michael Walden ’09 accepted the position admission counselor effective June 29. He received his AB degree from Colgate University. Michael enjoys writing, track, music and movies.

PROMOTIONS

effective July 1
Aurelius Henderson, associate director OUS.
Bryanna Bowman, assistant dean of admission.
Thomas Cruz-Soto, Jr., assistant dean for multicultural affairs.
Dawn LaFrance, associate director, counseling and physiological services.
Hanna Sacks, assistant dean of admission.
Michael Tone, assistant director of the annual fund.

effective July 6
Jeremiah Hergott, director of athletic communications.

Classified Ads

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

Administrative Assistant, Division of University Studies and Core Annual Fund Assistant Athletics Event Staff (pt - no benefits) Campus Safety Officer/Dispatcher (pt - no benefits) Laboratory Assistant (pt - no benefits) Leadership Gifts Officer Regional Advancement Director Staff Nurse (per diem) Temporary Part-time application reader (2 positions) Textbook/Marketing Manager

COLGATE UNIVERSITY IS AN EO/AAE Developing and sustaining a diverse faculty and staff to further the University’s educational mission.

SELL & SWAP
For Sale: 1987 Bayliner 2555 with trailer. 10' beam, OMC power, full galley w/ hot water. Runs excellent! $8,000. Call 415-7352 or 893-7125 for more information.
For Sale: Bassett crib and dresser with changing table top. $500. Call: 861-2146

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.

Congratulations to Amanda (Thayer) and Victor Jesse Burgess who were married on July 11. Amanda is a dispatcher, Campus Safety.

BIRTH ANNOUNCEMENTS

Sondra and Jeremy Baker welcomed daughter, Kaitlyn Elizabeth (8 lbs. 3oz., 21 1/2” long) on June 17. Jeremy is a custodian, physical plant.

Erin and Daniel Ballard welcomed daughter Lillian Erin (7 lbs. 3 oz., 21” long) on June 24. Lillian joins big brothers Jacob, 15, Jack, 10, and big sister Katie, 2. Dan is a millwright, physical plant.

Michael and Sue Solloway welcomed daughter Avery Victoria (5 lbs. 12 oz., 19” long) on July 6. Avery joins big brother Ryan, 3. Sue is a registrar’s assistant, registrar’s office.

LSAT & GRE Test Supervisor Needed

Career Services is searching for someone to administer the Law School Admission Test (LSAT) and Graduate Record Exam Subject Tests several times a year on campus, beginning in late September 2009. The position involves working approximately seven dates (mostly Saturdays) each year, reserving rooms on campus, supervising staff, maintaining test security, checking in test takers, and more. An honorarium will be paid by the testing companies. To learn more or to apply contact Ursula Olender at 228-7380 or uolender@colgate.edu. This is a great way to add a little extra to your income.

Congratulations to Ken and Kim Manner. Their daughter, Taylor, is co-salutatorian at Brookfield Central School. Kim is an administrative assistant, annual fund.