Volume 32, No. 6

Colgate University  June 6, 2014

Calendar of Events

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Retirement Individual Counseling Sessions

- **TIAA-CREF**
  - 6/25 Conference Room, Colgate Bookstore
  - 7/2 Seminar Room, ALANA Cultural Center
  - 7/17 429 Seminar Room, Ho Science Center
  - 8/5 Private Dining Room, Merrill House
  - 8/27 Alton Lounge, James C. Colgate Hall

TIAA-CREF appointments can be scheduled online at [www.tiaa-cref.org/events](http://www.tiaa-cref.org/events) or by calling 1-800-732-8353.

- **Fidelity**
  - 6/19 Conference Room, Colgate Bookstore
  - 8/12 429 Seminar Room, Ho Science Center
  - 8/26 429 Seminar Room, Ho Science Center

Fidelity appointments can be scheduled online at [www.fidelity.com/atwork/reservations](http://www.fidelity.com/atwork/reservations) or by calling 1-800-642-7131.

CU Well Wellness Programming

- Join the 2014 Wellness Initiative and earn $250! Click [here](http://www.myviverae.com) to learn more.
- **June Wellness Resources:**
  - June is Men’s Health Month
  - Click [here](http://www.myviverae.com) for men’s health information.
- Visit [www.myviverae.com](http://www.myviverae.com) for:
  - Member Health Assessment
  - Health Coaching
  - Nutritional Information
  - Wellness Information

Facilities Staff Spotlight

**Residence Halls - What Happens After the Students Leave?**

By Bob Pils, associate director of facilities and manager of environmental services

When the students pack up and head for home for the summer or for the next chapter in their lives, they vacate over 2,500 beds throughout the residence halls, theme houses, apartments, and townhouses. Have you ever thought about what happens next? There is a great deal of behind the scenes work that is done by the custodial staff, in a very short amount of time, in order to prepare for upcoming events in which university housing will be utilized.

The custodial staff are responsible for fully cleaning the rooms and clearing the trash and recycling so that over 700 family members of our graduating class can use the rooms for Commencement accommodations. Then, after Commencement, they quickly begin the task of preparing over 2,000 beds for the returning alumni who will be attending Reunion. This is all done with a single purpose—to provide our guests the best possible experience while they’re on campus.

As soon as Reunion ends, the staff collect all of the used linens, re-clean the rooms, and deep clean the carpets throughout the residence halls so that they can be ready for use by the summer program participants from June through August.

In order to accomplish all of this work, the custodial staff are assigned to teams during the month of May. Therefore, daily support to our non-residential buildings is limited. Thank you to everyone for your understanding while we worked to meet the challenge of Commencement and Reunion activities. Most of all, many thanks to the custodial staff for their hard work and dedication!
**Dependent Eligibility Verification Review**

Colgate University will be engaging in a Dependent Eligibility Verification Review of our medical and dental insurance plans, as a measure to ensure only those eligible for coverage are on our plans, as announced in Brian Hutzley’s May 22 campus distribution. In January 2014, the University moved to a self-insured model for our health plan, with dental having been self-insured for many years. Being self-insured means all claims are funded by the university. The funding source for claims is directly attributed to premiums collected from employees, as well as Colgate’s designated contributions. Future premiums for these plans are determined based on the claims utilization of our employees and their dependents. Colgate has retained the services of The Bonadio Group, an independent CPA Consulting firm, to conduct this review.

In the next two weeks, a letter will be sent to the home address of employees and retirees with dependents on the Colgate medical and/or dental plan. Employees with single coverage will not be contacted. The letter will request documentation in support of each of the dependents listed on your policy. Included will be a detailed description of the requirements to be an eligible dependent under our health/dental plan and the type of documentation (e.g. marriage license, birth certificate, etc.) required to support their eligibility. Employees will submit all documentation in a confidential and secure manner via a secure online website or US Mail. All documents will be destroyed six months following the completion of the verification review. Employees will be required to respond to the request for information with the appropriate documentation as outlined in the letter.

The goal of the verification is to contain costs for all employees and retirees on future healthcare premiums and coverage, something that is increasingly important, as healthcare costs continue to rise in today’s economy.

Please feel free to contact Amy Ryan, director of benefits at ext. 7411 if you have any questions.

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**Colgate Bookstore**

**Check out these monthly specials!**

- 13% off all Polo Shirts & Golf Accessories
- 13% off our Top 13 Young Adult Novels
- 13% off all Colgate Children's Clothing & Accessories

**Book Sale:**
- 30% off all LGBTQ books
- 20% off all World History books
- 10% off all Science Fiction & Fantasy

20% off all Colgate plush
10% off all audio accessories
An additional 25% off already reduced prices in the first-floor Gift Wing
Up to 70% off clearance clothing

Click [here](#) for Colgate Day Sales & Specials!
Summer Reading (and Freebies!) from the Shaw Wellness Institute

Looking for a way to jump-start your summer health and wellness goals now that June is finally here? Do you have a little more time to explore healthy meal and exercise options? Are you hoping to find some sanity among the sea of suggestions?

The Shaw Wellness Institute has seven wellness workbooks designed to help you maximize your health and they are free for employees! These workbooks, created by the nationally recognized Wellness Council of America, can help you with self-care, fitness, general wellness, weight management, stress management, eating on the go, and healthy eating for life.

The seven books include:

**Self-Care Essentials:** A simple, information-packed guide to help you manage your health care and live well. The information is reliable and easy-to-understand — teaching anyone how to make positive lifestyle choices.

**Fitness that Works:** Sean Foy, fitness expert, offers step-by-step motivation and instruction, guiding you through seven Simple Moves that can be performed during the workday. When performed well, these moves will make you stronger, healthier and more productive! Included in the book:
- A new ‘Simple Move’ in every chapter
- Full-color ‘how-to’ images
- Inspiring testimonials and stories
- A ‘fitness personality’ quiz
- Customized workout recommendations

**The Road to Wellness:** In the Road to Wellness, there are seven chapters that each addresses a different component of well-being. Each chapter is filled with useful information to help you live a better life. At the end of each chapter, there are personal opportunities for self-reflections and goal setting. By working through the material thoughtfully and methodically you will not only understand what’s required to make changes necessary to lead a fulfilled life, but with practice you will actually see changes start to occur.

**Weigh Less for Life:** Weigh Less For Life is NOT a diet, but rather is a comprehensive menu of 21 scientifically-proven eating tips and lifestyle strategies that help you make healthy food choices. Each of the 21 strategies is easy to understand and follow one of three proven weight-loss paths:
- Path One: Eating foods that improve appetite control and promote satiety—while avoiding those that drive appetite and perpetuate hunger.
- Path Two: Re-engineering and/or altering your immediate food environments.
- Path Three: Adhering to simple mealtime-related rituals and practices.

**Stop Stress this Minute:** Stop Stress This Minute outlines quick and easy methods to help you control and/or manage stress, including:
- Techniques for self-regulating stress levels
- Relaxation exercises
- Time management strategies
- Problem-solving skills
- Techniques to help release stress
- Behavior change exercises

**Stop and Go: Fast Food Nutrition Guide:** Although not recommended, we recognize that at some point most people make a quick convenience stop at a fast food restaurant. By using this guide you can navigate to healthier choices with ease. Dr. Andrew Weil, author of Eating Well for Optimum Health, states "Fast food is a reality for most people. Even the most conscientious eaters have to pass through airports and stop at roadside restaurants where healthy choices are limited. Stop & Go offers practical advice to help you navigate the fast food wilderness and make the best possible decisions about what to eat when in it."

**Eat Right for Life—Cookbook Companion:** The Eat Right For Life Cookbook Companion is THE ultimate skill-building resource that will help you eat better—without the frustration and disappointment that accompanies similar approaches. In this beautifully illustrated, one-of-a-kind resource you’ll find:
- Step-by-step instructions on more than 30 affordable, easy-to-prepare, healthy breakfast, lunch and dinner recipes developed by Dr. Ann Kulze—one of the nation’s leading experts on nutrition and healthy cooking.
- Dozens and dozens of expert tips and helpful hints to help you “power-pack” meals.
- Personalized notes to ensure that you will have the right information to help them prepare the most nutritious foods.

The Shaw Wellness Institute is excited to provide these resources to employees this summer—for free! Please email Thad Mantaro at tmantaro@colgate.edu to receive a free copy of any of these remarkable resources.
Sustainability Spotlight
Colgate Installs First Electric Vehicle Charging Station
By John Pumilio, director of sustainability

You may have noticed a growing number of all-electric vehicles cruising around campus. Besides a few Colgate-owned vehicles, proud owners include faculty, staff, and an increasing number of alumni and parents of current students. As the popularity of electric vehicles continues to grow, Colgate decided it was time to further support this emerging technology.

On May 22, we installed our first electric vehicle charging station on Lally Lane (adjacent to the Zipcar parking spots) near Donovan’s Pub. The dual arm Level 2 ChargePoint station has the capacity to charge two cars at once. The cost to charge is $1.50 per hour and it will take anywhere from 3-6 hours to get a full charge (depending on the make and model of the car). The ChargePoint station will connect to any make and model of electric vehicle (though Tesla owners will need to use their adapter). The station is also user-friendly and networked, permitting owners to check availability and/or status of their vehicle through a smartphone app.

Over 10% of Colgate's campus carbon footprint is due to commuter emissions and our vehicle fleet. By providing infrastructure to support electric vehicles, we are helping car owners overcome one of the key barriers to purchasing electric vehicles: range anxiety. Even though current models of electric vehicles, such as the Nissan LEAF®, can typically travel over 80 miles on a single charge, a lot depends on speed, topography, load, and accessory use which can drive down battery life. Even if your driving habits reduce the range to 60 miles per full charge, this is still well within range of most all faculty and staff commuters. Despite this, knowing that there is a charging station on campus can help reduce anxiety. And for those who just can't get over range anxiety, advanced designs like the Chevy Volt, offer the best of both worlds. An onboard gasoline powered generator can provide electricity only when the battery is depleted.

An electric vehicle is much greener and cheaper to own than gasoline-powered cars. Assuming the typical electric vehicle owner charges their car at home overnight, it would cost about 50¢ to drive 40 miles on Hamilton electric rates or about $1.20 at NYSEG rates. Because most of our power is produced by hydroelectric energy, the carbon footprint of driving an electric vehicle in Central New York is near zero. Moreover, since almost all of our electricity is generated here in New York, switching from gasoline-powered to electric-powered vehicles can help to support our state economy while reducing dependence on imported oil.

For these reasons, we anticipate seeing more electric vehicles on the Colgate campus.

Without the good work and support of Facilities and Colgate's trade shops, this project would not have been possible.

Special thanks to Hoyt Kelly, foreperson-electric shop, Dan McCoach, associate director of facilities, Jim Hall, electrician and Lenny Zielasko, mason journeyperson.
A Letter to the Colgate Community

To the Faculty and Staff of the Ho Science Center and Colgate University:

After much consideration and with a heavy heart I announce my intention to retire from Colgate effective June 13th.

It has been an honor and a privilege to have served you since the opening of the Ho Science Building. The love and support that I have received here through good times and bad, along with your friendship, will remain with me always.

I would also like to thank the University for giving me the opportunity to work for and be surrounded by some of the brightest young minds in the world.

To my supervisors and co-workers, thank you for your camaraderie over the past 17 years. I expect to keep in contact with Colgate for many years to come. To the Human Resources Department, which has always held a special place in my heart, many thanks for all that you do for everyone. Anyone wishing to contact me may do so at dlupino@colgate.edu until June 13, 2014.

I close with a phrase that I gave my freshman students as they parted East Hall each May. Give 100% to all that you do in life and accept the outcome. You will be rarely disappointed.

Sincerely,

Doug Lupino
Custodian, Ho Science Center

Congratulations on a job well-done to the alumni relations staff who had another successful Reunion Weekend! We had over 2,000 alumni and friends here on campus last weekend. Special thanks to Jenna Webb ’02, senior associate director of alumni relations, for her leadership and hard work!

Photos courtesy of Tim Mansfield.
Welcome New Hires!

Dave Esber ‘13 accepted the position of assistant dean of admission effective June 2. He enjoys the outdoors, current events and traveling.

Aaron Jakos accepted the position of curator for the Picker Art Gallery effective June 2. He received a Bachelors of Arts in Visual Arts from the University of Colorado at Colorado Springs. Aaron enjoys mountain biking, music, studying history and guitar.

Alan Leonard accepted the position of director of purchasing effective May 5. He received a Bachelors in General Studies from Indiana University. Alan enjoys gardening, NASCAR, and watching high school and college sports. Alan and his wife Carnz have a daughter.

Jill Shaw accepted the position of senior curator of collections in the Picker Art Gallery effective June 2. She earned her Ph.D. in Art History from the University of Chicago. She and her husband Brad enjoy traveling.

Transfers/Promotions

Tom Kane was promoted to trades supervisor effective May 12.

Ben Johnson was promoted to groundskeeper effective April 28.

Tracy Ogren was promoted to staff accountant effective May 5.

Births

Dena Bodian, associate university chaplain and director of Jewish Life, and her wife Elizabeth, welcomed daughter Maya Rose Bodian on May 23. She was 7lb, 7oz and 20 inches long.

Marriages

Congratulations to Kate Higgins, admission administrative assistant, who married Garrett Plunkett on May 24 at St. Paul’s Church in Rome, NY.

May Anniversaries

40 Years
Margaret Maurer, English

30 Years
Tom Davis, purchasing

25 Years
Cathy Foto, athletics-field hockey

10 Years
Kristin Loop, advancement-annual fund
Aurelius Henderson, dean of the college

In Memoriam

Rosemary Eaton, retired custodian passed away May 5.

Scott Schuman, event staff, passed away May 7.

With Appreciation

We would like to sincerely thank the Colgate community for the support, thoughts and prayers shown upon the passing of our father/husband Wayne. All your support means so much. God Bless!

Brian, Sue and Eleanor Marks and Family

Congratulations

Dan Tucker, campus safety dispatcher/officer, graduated from Utica College with a Bachelors of Science on May 18.

John Pumilio, director of sustainability, achieved the designation of LEED Green Associate from the Green Building Certification Institute on May 13.

Paula Musacchio, assistant director of human resources, earned certification as a Senior Professional in Human Resources (SPHR) from the Society of Human Resource Management (SHRM) on May 19.

Career Opportunities

All current position vacancies and our online application can be found online at: https://careers.colgate.edu

Colgate University is an EO-AAE.

Developing and sustaining a diverse faculty, staff, and student body furthers the university’s mission.

Please submit items and articles of interest to HumRes@Colgate.edu