CALENDAR OF EVENTS

RETIREMENT INDIVIDUAL COUNSELING SESSIONS

TIAA
TIAA APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.TIAA-CREF.ORG/EVENTS OR BY CALLING 1-800-732-8353.

OCT 12 | 134 O’CONNOR CAMPUS CENTER
NOV 16 | 107 LATHROP
NOV 17 | 535 CASE-GEYER
DEC 7 | 107 LATHROP

FIDELITY
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.FIDELITY.COM/ATWORK/RESERVATIONS OR BY CALLING 1-800-642-7131.

OCT 13 | 535 CASE-GEYER
NOV 27 | 515 CASE-GEYER

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NOVEMBER 15

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- VISIT WWW.MYVIVERAE.COM FOR:
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- HEALTH COACHING
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- WELLNESS INFORMATION

PLEASE SUBMIT ITEMS AND ARTICLES OF INTEREST TO: HUMRES@COLGATE.EDU
Colgate Athletics: Opening The Class of 1965 Arena

The Colgate men’s and women’s ice hockey, lacrosse and soccer teams officially have a new place to call home.

Oct. 1, 2016, marks the first official day The Class of 1965 Arena opens, and these student-athletes could not be more thrilled to be a part of it.

“I’m so excited not only for our coaches and student-athletes, but the people in town and our alumni,” said Vice President and Director of Athletics Victoria M. Chun ’91, MA’94. “Colgate can be very proud of this moment.”

With discussions of building a new hockey arena dating back to the early 2000s, the $37.8 million project was unanimously approved by the Board of Trustees in February 2013. Before construction could begin on the new arena which is located on the previous site of Van Doren Field, we had to build a new home for Men’s and Women’s soccer. The Beyer-Small ’76 Field was dedicated on August 29, 2014 with the Small family and John Beyer in attendance.

All six teams are now moved in to the new facility with the men’s and women’s hockey team enjoying their new locker rooms and ice surface. The Colgate men’s and women’s soccer and lacrosse teams also get to enjoy their new locker rooms and have quicker routes to their playing fields. In addition, there is an equipment room and a satellite athletic training facility that is open to all student-athletes.

WHAT THEY’RE SAYING

Michael Herling ’79, P’08,’10,’12, Trustee, Athletics Chair 2010-15
“This facility reflects Colgate’s commitment to athletics as an integral part of the “Colgate” liberal arts experience and to excellence in all that we do here at Colgate. The entire Colgate community will benefit in so many ways from this extraordinary arena. The entire Board of Trustees is thrilled to see this come to fruition.”

Don Vaughan, Men’s Ice Hockey Head Coach
“The architecture, the design team – they made a building that’s a great fit for us, a great fit for Colgate and the Hamilton community,” Vaughan said. “The seating capacity is what we need but it has a big-rink feel, and they didn’t take any shortcuts. It’s really been amazing to see it come together.”

Greg Fargo, Women’s Ice Hockey Head Coach
“I feel like our coaches, our student-athletes are so fortunate to be in this position, these kind of things don’t happen very often, maybe once in a lifetime and it’s really a dream come true for the people in our program.”

Hannah Rastrick, Women’s Ice Hockey ‘17
“Playing in Starr for three years, it was amazing because we had all that history with the rink. To be a part of this for my last year is incredible. I’m really happy I had my three years in Starr, but this is something else.”
Department Spotlight: Athletics

**Colgate Athletics:**
Opening The Class of 1965 Arena

**Charlie Finn, Men’s Ice Hockey ’17**

“Starr Rink was great to us for [my] three years; I have lot of great memories in that rink, we all do. We’re ready to make some new ones in this one.”

**Sarah Coy, Women’s Soccer ’17**

“Starting with our new field and now the new locker rooms, our program has definitely evolved throughout my four years here. I speak for every one when I say we couldn’t be luckier to have these opportunities.”

**Ricky Brown, Men’s Soccer ’17**

“The new locker room is absolutely awesome. We are so happy that we have moved in there. The details within the locker room really make us feel like a professional club.”

**Isabel Kreitler, Women’s Lacrosse ’17**

“We could not be more thrilled to finally be in our new locker room inside the Class of 1965 Arena. Between the new locker room and Beyer-Small ’76 Field, we are definitely lucky to be Colgate student-athletes.

**Strecker Backe, Men’s Lacrosse ’17**

“It’s an exciting time to be a Colgate student-athlete. We’ve known for some time that this moment was coming, when we would move into our new facilities. But it turned out even better than we expected. The Class of 1965 Arena shows you how much we are supported and appreciated here at Colgate.”

**RIGGS INSET**

The ice surface in Colgate’s Class of 1965 Arena will be known as Steven J. Riggs ’65 in honor of the former men’s ice hockey team captain.

Riggs was a member of the ice hockey team from 1961-65 after growing up in Potsdam, New York. He was recruited to Colgate by legendary coach Ole Kollevoll, and Riggs made an indelible mark on Raiders Hockey. In 72 career games, Riggs scored 51 goals and amassed 123 points, a school record at the time of his graduation. Riggs served as team captain in his senior season and was inducted into the Colgate Hall of Honor in 2002.

The year 1964 brought one of the defining moments of not only Riggs’ career but Colgate hockey as he single-handedly erased a Clarkson 3-2 third period lead in Potsdam and recorded a hat trick in one minute. Known as the “Hometown Hat Trick,” Riggs still holds the school record for fastest hat trick. The comeback win gave Clarkson just its second home loss in five seasons.

Riggs received his Masters of Education from St. Lawrence University in 1966 before he was drafted into the military and graduated from Officer Candidate School in July 1967. He was deployed to South Vietnam in March 1968 and tragically killed in battle six months later. He was awarded a Bronze Star for Heroism in Ground Combat, emblazoned with a V for valor and an oak leaf cluster indicating his second award.
Birthday Giving

Birthdays are extra special for children, but not everyone gets to celebrate with parties and presents. Some families lack the resources to host a celebration. Recently, the HR team built birthday bags to donate to the Hamilton Food Cupboard in hopes of providing the opportunity of a celebration for families in need. In lieu of office gift giving, staff members donate all the fixings for a birthday party in a bag – cake mix, frosting, candles, plates, napkins, forks, balloons, card, party favors and treats.

If your office has an activity focused on giving back to the community, let us know by emailing humres@colgate.edu so we can spotlight your department in a future issue.

In Photo: Human Resources Staff and Birthday Bags ready for delivery. Left to right, Tamala Flack, Cherie Mullen, Jill Dinski, Meghann Losee, Laurie Wellington, Kim Waldron, Molly Garner. Not pictured: Kayla Snow Smith, Belinda Merithew, Amy Ryan, Scott Whalen, and Lori Chlad.

Nobody made a greater mistake than he who did nothing because he could do only a little. ---Edmund Burke
**Marriages**

KATHERINE MUTZ, senior design, communications, and DREW LAUBE were married on September 3 at the Otesaga Resort Hotel in Cooperstown.

CHRISTOPHER NAYLOR, groundskeeper, was married to TAMMY LYNN CHESEBRO on August 27.

MATTHEW HILL, trades supervisor, was married on October 1 to SARAH PAPAY.

BELINDA GALUSKA, human resources assistant, and MICHAEL MERITHEW were married on October 1.

**New Arrivals**

HEATHER YOUNG, head coach, women's lacrosse, and husband, CHRISTOPHER YOUNG, assistant football coach, welcomed a daughter, Charli Maria, on September 13. She was 8lbs. 14oz. and 20.5 inches long.

**Anniversaries**

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**Transfers & Promotions**

- CINDY BAKER - head technician, psychology
- AMANDA BURGESS - evening circulation coordinator
- JILLIAN COLE - associate director, professional networks
- JILL DINSKI - director of human resources operations
- CLAYTON EAVES - carpenter
- DON JOHNSON - painter, foreperson
- KEITH WATKINS - assistant director, career services

**Retirement**

- STEVE DEGROAT - plumber - November 4
- KAREN JOHNSTON - administrative coordinator to the University Librarian, November 11
1. **Sara Way** accepted the position of regional advancement director on September 12. She previously worked at Morrisville State College as the executive director of the Morrisville College Foundation. A graduate of LeMoyne College, Sara and her husband, Peter, have three children.

2. **Hans Wrage** accepted the position of teaching and research support specialist, physics and astronomy department on September 15. Hans holds a bachelor’s in physics from Macalester College and a master’s at Creighton University. He enjoys running, cooking, and baking, and is currently planning his wedding with Margaret Gleeson.

3. **Alex Galler** accepted the position of campus safety dispatcher on September 21. He previously worked as a part-time campus safety officer. Alex holds a bachelor’s from Morrisville State College in criminal justice and enjoys hunting, fishing, camping and kayaking.

4. **Cara Murphy** accepted the position of assistant coach, women’s rowing, on September 23. She previously worked as the assistant rowing coach at Smith College. Cara holds a bachelor’s in psychology and a master’s in exercise and sport science. Her hobbies include boats and pancakes.

5. **Jillian Austin** accepted the position of assistant athletic trainer on September 26. She previously worked at Texas A&M as a graduate assistant athletic trainer. Jillian holds a bachelor’s in athletic training, and a master’s in kinesiology from Texas A&M University.

6. **Zarif “Z” Hanif** accepted the position of campus safety officer on September 26. He attended Hudson County Community College and The University of the West Indies in Barbados. Z enjoys body building, cooking and robotics. He joins his wife, Fareeza Islam, interim senior assistant director of residential life.
7. **Garin Thornton** accepted the position of campus safety dispatcher on September 26. He previously worked at Hood as a warehouse supervisor. Garin is a lieutenant with the Earlville Volunteer Fire Department and enjoys fishing. He and his partner Erica, have two children.

8. **Stacy Wurz** accepted the position of administrative assistant for peace and conflict studies, Africana and Latin American studies on September 26. She previously worked as a marketing assistant at Utica National Insurance. Stacy holds a bachelor’s in communication & information design, and a master’s in information design and technology. She enjoys photography, singing, gardening and spending time with her young son.

9. **Sherry Cook** accepted the position of late night circulation assistant on October 2. She previously worked at Stockbridge Valley Central School, and enjoys horseback riding. Sherry and her husband, Edward, have two grown children.
Colgate Hot Jobs: Spread the Word

Colgate is a very special place to work! Let’s spread the news! Periodically, human resources will showcase jobs listed on our Careers @ Colgate website in hopes that staff will share these opportunities and links with colleagues and/or potential applicants who may be interested in working at Colgate.

The following positions are presently available:

- Coordinator, Annual Giving
- Processing Archivist - Library
- Temporary Administrative Support (no benefits)

Please remember to view these, and all of our jobs at https://careers.colgate.edu
FACULTY/STAFF RACQUETBALL 101 WORKSHOP

Are you interested in learning to play racquetball? Bob Thomas, experienced athlete with training under USA Racquetball, will lead this introduction to the sport. Rules of the game and a variety of skills will be covered, including: proper grips, stance, gameplay, and shot selection.

THIS WORKSHOP WILL BE OFFERED:
WEDNESDAY, OCTOBER 12: 12-12:50p.m.

Racquetball courts are located on the 3rd floor of the Huntington Gymnasium.

Please register here to sign up for the workshop.

QUESTIONS?
Contact Katie Kammerdiener
228-7583

CU WELL

Earn CU Well Points by reporting your participation under your Healthy Events on MYVIVERAE.COM

FACULTY/STAFF FLU SHOT CLINIC
October 11 | 8a.m.-1p.m. | Lobby, Reid Center

Colgate University health services, along with Kinney Drugs, offers on-campus flu shots to faculty, staff, and retirees and their significant others (age 19 and older).

The cost will be covered by your health insurance or Medicare. Please bring your insurance card, and wear a short sleeve shirt or blouse to make the process easier.

Watch your email for updates!
Questions? Contact Health Services at x7750.

Retirement Plan Informational Meetings
October 12 & 13

Your future is important to us!
We are offering group meetings by TIAA and Fidelity, our retirement plan providers. Please join us for one or both meetings.

TIAA meeting:
Transitioning From Career to Retirement
October 12 | 10:00-11:30a.m. | 560 Case-Geyer

Fidelity meeting:
Getting on the Right Path with Your Workplace Savings Plan
October 13 | 10:00-11:30a.m. | 560 Case-Geyer

Make time to plan for your future financial needs!
PLEASE RSVP HERE
Is your back hurting? You’re in good company. In any 3-month period, about 1 in 4 adults in the U.S. has at least one day of back pain, mostly in the lower back.

The back is a complicated structure. Its center is the spine, which is made up of 33 bones called vertebrae, stacked in a column. The nerves of the spinal cord run in a tunnel through the middle of those bones. Spongy discs between the vertebrae act as cushions. Ligaments and tendons hold everything together.

What Causes Back Pain?

A lot of things can go wrong with your back. A strained muscle or a problem with a disc or a bone can cause pain. Back pain might also arise from a fracture or tumor. Much of the time, though, it’s impossible to tell what’s making your back hurt.

“We rarely find out exactly what it is,” says Dr. Gunnar Andersson, an orthopedic surgeon at Rush University Medical Center in Chicago. “As long as it stays as back pain, we are typically not that concerned.”

Your back naturally changes as you get older. Discs degenerate and arthritis may develop in the small joints of the back. Those changes may show up on an MRI or other types of imaging scans. But such changes to the back are also seen in a lot of people who don’t have back pain. So it’s hard to know if the changes are actually what’s causing the pain.

People with obesity are more likely to have low back pain, as are people who smoke. Back pain is also more common in people who don’t exercise much, or in people who are mostly inactive but have occasional bursts of exercise.

“It’s important not to succumb to the pain and become afraid of moving,”
Don’t Let Back Pain Knock You Flat: When Your Back Hurts (con’t)

(Adapted from WELCOA Health Bulletin)

BY THAD MANTARO, DIRECTOR OF SHAW WELLNESS INSTITUTE

**Back Pain Treatment**

The good news is most back pain goes away by itself. For a new pain in the back, Andersson says he usually advises taking over-the-counter medications for the pain and staying away from activity that is hard on the back—lifting, carrying, bending, and twisting. “Then, wait for the problem to disappear, which it will in the great majority of people over a few weeks,” he says.

But for some people, the pain continues. If your back hurts most of the time for more than 3 months, you have chronic back pain. What doctors do about chronic pain depends on the source of the pain. If it comes from a fracture or tumor, those problems can be treated. Surgery can help if the pain is caused by a ruptured (herniated) disc or certain other conditions like spinal stenosis (narrowing of the spinal column, which can put pressure on the nerves) or degenerative spondylolisthesis (when one vertebra slips over another). But surgery isn’t the right choice for everyone.

For most people, even chronic pain eventually clears up without surgery. The most important thing, Andersson says, is not to let the pain take over. Research has shown that patients who stay active are better off. Just be sure to avoid activities that might strain the back. “It’s important not to succumb to the pain and become afraid of moving,” Andersson says. “It doesn’t seem to make much difference what you do, as long as you stay active.“

**Tips for a Healthier Back**

- Stay active and maintain a healthy weight.
- Stretch before exercise or other strenuous physical activity.
- Don’t slouch when standing or sitting.
- Make sure your work surface is at a comfortable height for you.
- Wear comfortable, low-heeled shoes.
- Don’t smoke.
- If you must lift something heavy, don’t bend over the item; instead, keep your back straight, bend at the knees, and lift by putting the stress on your legs and hips.
- Talk with a health care provider to make sure you’re getting enough calcium and vitamin D.

For more information on how to keep your back healthy, join Human Resources and the Shaw Wellness Institute for the November CU Well program led by Dr. Susan Marafino of the Hamilton Chiropractic Health Center. Look for an announcement soon, with the day TBA!
Many individuals on campus are frustrated by the amount of unsolicited mail they receive. Not only are some of these advertisements and other announcements bothersome, but they also waste heaps of paper, ink, and toner — not to mention the time and money spent printing, delivering, and recycling these announcements. According to The Center for a New American Dream (whose mission is to advance sustainability by shifting the way we consume), reducing unsolicited mail can have big environmental benefits.

DID YOU KNOW:
Americans spend over 8 months of our lives opening junk mail.
- Over 100 million trees are cut down annually to produce unsolicited mail. That’s the equivalent of completely deforesting the Adirondacks in only 3 years.
- 44% of unsolicited mail is never even opened.
- Only 1 in 5 pieces of junk mail is recycled.
- Over 5.6 million tons of paper promotions are landfilled each year.
- Americans pay $370 million annually to dispose of unsolicited mail.

It is no wonder so many faculty, staff, and students are unnerved by the amount of unsolicited mail we receive. But what can you do?

HERE ARE A FEW TIPS:
1) Reduce it on campus. Did you know that Colgate has five separate mail distribution lists?
   - Distribution A goes to every employee on campus (~940 mailings)
   - Distribution B goes to every faculty member on campus (~540 mailings)
   - Distribution C goes to every faculty member and administrator (~610 mailings)
   - Distribution D goes to each department (one per department or ~115 mailings)
   - Distribution E goes to each student (~2,900 mailings)

If you are producing mail to be distributed on campus, you can easily change your campus distribution list from mailing list A to mailing list D and save over 800 pieces of mail. Alternatively, if you receive unsolicited campus mail from a campus department or program, contact them with a gentle reminder to switch their distribution list. This small change can significantly reduce the amount of paper used, the associated costs to a department and our university’s carbon footprint.

2) Make it eco-friendly. In the event that you need to produce campus mail, use FSC® Certified paper stock. This will significantly reduce the environmental (and social) impacts of producing your mail by ensuring your products come from responsibly managed forests. You can also opt to use soy-based inks. These environmentally friendly inks are renewable, biodegradable and more easily removed during the recycling process. They often produce a richer pigment quality, as well.

(Isn’t on next page)
3) **Recycle it.** When you dispose of your mail, please be sure to recycle it in one of the paper recycling bins located in your building.

4) **Cut down on mail from outside marketers.** If you receive campus mail from outside marketers or organizations, try this:

   - **Register for the National Do Not Mail List.** This free service is quick and easy and gives you the option to continue to receive mailings of your choice. DirectMail.com will contact you every six months via e-mail so you can review and update your preferences. Visit DirectMail.com to register at [http://www.directmail.com/mail_preference/](http://www.directmail.com/mail_preference/).

   - **Ask companies to stop sending you catalogs.** If you receive unwanted catalogs or other mail from specific sources, call the toll-free customer service number to request that your name be removed from their mailing list. Also, make your request via e-mail from the company’s website. Have the mailing label handy when you call, or attach a picture of it to your email. No doubt this takes time, but think of all the time you save by not having to deal with unwanted catalogs that routinely show up on campus. Also, [Catalog Choice](http://www.catalagoptout.com/) offers a free service that sends opt-out requests for individual companies on your behalf.

   At home, if you receive unwanted mail from credit card companies, call **1-888-OPT OUT** (or **1-888-567-8688**) 24 hours a day. One short call will remove your name and address from Equifax, TransUnion, Experian and Innovis!

   Do you have other ideas on how to reduce or eliminate unsolicited mail? Please share! Have other questions about recycling on campus? Visit our FAQ post.

**Thanks for doing your part to save resources and reduce waste on campus and at home!**
Supermarket Savvy

By Corey Hancock, RD

Nutrition claims are among the many clever ways food companies make their products more attractive to consumers. While some of these marketing claims highlight nutrition benefits, many are misleading and require more research. Health-conscious consumers do their best to eat mostly whole, minimally processed foods, but when you need to rely on something more convenient, know what to look for to avoid being tricked by trendy nutrition marketing.

1. "Juices that claim to chock-full of greens." Many brands of juice are jumping on the "drink your vegetables" band-wagon. You’ll find these juice/smoothie brands in refrigerated aisles to store shelves with names like Green Juice, Power Greens and Farmstand. Take a closer look at the ingredient label of many brands, and you will find apple juice as the first ingredient, with kale, spinach, and other leafy greens way down the list. That’s because the ingredients that are most prevalent in a food product are listed first. The fiber from fruits and vegetables is often lost in juice processing, so you are better off getting your veggies by mixing some spinach into your smoothie.

2. “Made with Whole Grain.” While this may be true, how much whole grain is the question. The claim "made with whole grain" is often code for "made with mostly refined grain and a little whole grain." One brand of bagel making this claim lists "enriched wheat flour" as the first ingredient, AKA white flour. Look for bread products that list 100% whole wheat flour as the first ingredient and ignore the front of the package. Gluten-free breads are no exception. A popular gluten-free brand has more tapioca and potato starch than brown rice or teff flour.

3. “Protein Plus” Many food products now boast more protein, but how much more? A brand of smoothie with added protein contains 30 grams of protein and 390 calories per bottle. Calorie for calorie, skim milk has more protein than a bottle of this protein smoothie. Instant Oatmeal with Protein claims to "help keep you full", however, there isn’t sufficient evidence these foods will help you eat less throughout the day. A name-brand O’s cereal recently came under scrutiny for the release of a "protein" version, which contains 7 grams of protein to the traditional cereal’s 3 grams. Turn the box over and you will see the serving size of the "protein" O’s is larger and over twice as many calories per serving, mostly from sugar. If you ate 2 cups of the non-protein O’s, you would get the same amount of protein as the protein version, with fewer calories.

4. "No high-fructose corn syrup" HFCS has taken a lot of heat over the years, however, nutrition professionals now agree that the real issue contributing to the obesity epidemic is too much added sugar in people’s diets, regardless of the source. The name HFCS is something of a misnomer, as HFCS is only high in fructose compared to corn syrup, not to sugar. Table sugar or sucrose, often called "cane sugar" on food labels, is half fructose and half glucose. HFCS contains between 42% and 55% fructose, and 45% to 58% glucose, similar to sugar and honey. Try to limit added sugar from all sources, a task that will become easier within the next few years when added sugar is differentiated from naturally occurring sugar on food labels.

5. “Trans-fat Free”. Many food labels claim their products are free of trans fats, however, this is another case where the ingredients are your best source of information. Food labels can state "0 grams trans fat" if the products contains less than 0.5 grams of trans fat per serving. If the ingredient labels states “Partially hydrogenated oil”, this is a source of trans fat that could add up with multiple servings.

The takeaway: read nutrition labels and ingredients facts for the most accurate information before putting items in your cart.
Culinary 101 is a faculty and staff cooking series that will be offered during the below dates in Donovan’s Pub.

All participants will learn to prepare new dishes and take home recipes and helpful techniques to make cooking at home more enjoyable.

Tuesday, October 18 -12:10 p.m.
Thursday, November 17 -12:10 p.m.
Tuesday, December 6 -12:10 p.m.

Please R.S.V.P. one week in advance to Colgate Dining Services at diningservices@colgate.edu or 315-228-7366

WE HOPE TO SEE YOU THERE!
NATIONAL STUDENT DAY
OCTOBER 13
Colgate students will receive 13% of their entire transaction. (*Usual restrictions apply. Discount only available to students.)
CLICK FOR DETAILS

CHILDREN’S STORY TIME:
PETE AND THE MISSING CUPCAKES
OCTOBER 22 | 10:30a.m.
FREE | OPEN TO PUBLIC

Join Pete the Cat at the bookstore as we read the brand-new story about Pete and his friends! In this latest Pete the Cat picture book adventure, by New York Times bestselling authors James and Kimberly Dean, Pete and the gang solve the mystery of the missing cupcakes and learn that it’s cool to be kind. Story time will be followed by crafts, and—of course—cupcakes!
CLICK FOR DETAILS

HALLOWEEN IN HAMILTON
OCTOBER 31 | 3p.m.

Join us in Hamilton, NY as we celebrate our first village-wide Halloween Party! Enjoy some spooktacular fun with costume competitions, crafts, trick-or-treating, and a movie! Safe fun for the whole family. Click here for the full schedule of events.

WWW.COLGATEBOOKSTORE.COM
The museum gallery is located on the 2nd floor of Alumni Hall. Admission is free and open to the public Tuesday - Friday, 10:00 a.m. - 5:00 p.m.; Saturday and Sunday, noon - 5:00 p.m.; closed Mondays and major holidays.

To trade in old or broken devices for store credit, bring in your old device to the technology center on the 2nd floor of the bookstore or arrange your trade-in online here. Then, upgrade your tech and use your trade-in money toward your new purchase!

**Gate Tech Trade-in Reward**

The Longyear Museum of Anthropology announces the opening of a new exhibition, *In Dialogue: How Objects Communicate*. From Australia to Ethiopia, Panama to the United States, this exhibition examines objects from many different cultural and historical contexts to explore their role in human communication. Themes include objects as markers of identity, objects as storytellers, objects inscribed with meaningful designs, and objects used in performance. Through examination of the complex and multiple roles of each of these individual objects in culturally situated communication, this exhibition aims to build more nuanced understanding of the objects in the museum while also deepening our appreciation of the everyday objects around us.

**SEPTEMBER 27 – DECEMBER 22**

The museum gallery is located on the 2nd floor of Alumni Hall. Admission is free and open to the public Tuesday - Friday, 10:00a.m. - 5:00p.m.; Saturday and Sunday, noon - 5:00p.m.; closed Mondays and major holidays.
HUNTINGTON GYM/THE CAGE
FACILITIES INCLUDE:
BASKETBALL COURTS
(First-come, first-served)
RACQUETBALL COURTS & TABLE TENNIS
(First-come, first-served)
SQUASH COURTS
(First-come, first-served; closed Mon-Thurs 4:00-6:30 P.M. for club use)
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Five miles of beautiful trails take a short walk or a long ramble
DOWNLOAD MAPS HERE

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18 hole course, driving range & pro shop
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FALL SESSION
REGISTER WITH
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$60 FOR 5 LESSONS
OCT 30, NOV 6, 13, DEC 4, 11, 2016

MORE INFO