CALANDER OF EVENTS

RETIREMENT INDIVIDUAL COUNSELING SESSIONS

TIAA
TIAA APPOINTMENTS CAN BE SCHEDULED ONLINE AT WWW.TIAA.ORG/EVENTS OR BY CALLING 1-800-732-8353.
MAR 8 | 511 CASE-GEYER
APR 19 | 438 CASE-GEYER
MAY 17 | 515 CASE-GEYER
JUNE 13 | 515 CASE-GEYER

FIDELITY
FIDELITY APPOINTMENTS CAN BE SCHEDULED ONINE AT WWW.FIDELITY.COM/ATWORK/RESERVATIONS OR BY CALLING 1-800-642-7131.
MAR 20 | 438 CASE-GEYER

EMPLOYEE APPRECIATION DAY
MARCH 3

CU WELL
WELLNESS PROGRAMMING
JOIN THE 2017 WELLNESS INITIATIVE AND EARN $250! CLICK HERE TO LEARN MORE.

WELLNESS RESOURCES:
• VISIT WWW.CONNECT.VIVERAE.COM FOR:
• MEMBER HEALTH ASSESSMENT
• HEALTH COACHING
• NUTRITIONAL INFORMATION
• WELLNESS INFORMATION

PLEASE SUBMIT ITEMS AND ARTICLES OF INTEREST TO: HUMRES@COLGATE.EDU
SUBMISSION DEADLINE FOR THE APRIL ISSUE IS MARCH 13.
Department Spotlight: Ho Science Center

The Greenhouse: Where Spring & Summer Never End

March 20 marks the first day of spring on the calendar, though it may not feel that way outdoors in Hamilton, NY. Did you know there is a place on campus where it feels like spring (or summer!) year round? Colgate University's greenhouse in the Ho Science Center houses the Biology Department’s collection of approximately 1,000 plants used to demonstrate diversity, facilitate teaching, and provide color and visual interest throughout the year. The collection includes orchids, ferns, cactus, cycads, and more. The state-of-the-art facility contains six separate climate controlled zones: the Tropical House, two Temperate Houses, and three Research Houses actively used by the Biology Department's faculty and students. An outreach program brings area school and other groups to visit, learn, and enjoy the greenhouse.

One of the greenhouse’s star attractions is the Voodoo Lily. A gift from Cornell in 2014, this unusual plant has bloomed successfully three times with a 7 foot inflorescence that smells terrible but is a sight to see. The plant goes dormant between flower and foliage cycles. A new bud is currently developing. Will it be foliage or flower? This is a fascinating plant to watch and it continues to surprise.

Many orchids and a pineapple plant are blooming this month. During the semester, visitors are welcome M-F from 10:00 a.m. – 4:00 p.m. Enter through 127 Ho and feel free to explore the Tropical and Temperate Houses. Research sections are off limits but contact Professors Eddie Watkins or Frank Frey if you have questions about projects that are underway. Learn more about the Greenhouse at www.colgate.edu/greenhouse and be sure to click on ‘View Greenhouse Online’ for a Virtual Tour and more. Happy Spring!

“St. Patrick’s Day is an enchanted time - a day to begin transforming winter’s dreams into summer’s magic.” ~Adrienne Cook
The Colgate Staff Excellence Awards are designed to recognize staff members who demonstrate outstanding achievement in Colgate’s commitment to fostering a creative and expansive learning community. This year, nearly fifty employees and eight teams were nominated by their peers. Finalists were selected by the President’s Cabinet. The awards were presented at the February 6 All-Staff Meeting.

**Individual Excellence Awards**

**Gary Bridge,** Fire Safety and Emergency Preparedness Manager  
**Dawn LaFrance,** Director of Counseling and Psychological Services, Director of Sexual Violence Support  
**Angela Marathakis,** Assistant Athletic Director; Director of Student Athlete Academic Enhancement  
**Jamie Mitchell,** Associate Athletics Director for Event Management and Facilities  
**Helen Payne,** Assistant to the Dean of Faculty and Provost  
**Kelly Snyder,** Administrative Assistant, University Studies, Department of Writing & Rhetoric  
**Jeanne Willard,** Teaching and Research Support Specialist, Biology

**Team Excellence Award—Counseling Center and Haven**

**Christian Beck,** Staff Counselor  
**Amanda Bridge,** Office Manager  
**David Carr,** Psychologist  
**Denise Contreras,** Assistant Director of Survivor Support  
**Julie Hawkins,** Staff Psychologist  
**Najla Hrustanovi,** Staff Counselor  
**Niki Keating,** Assistant Director of Counseling and Psychological Services  
**Dawn LaFrance,** Director of Counseling and Psychological Services, Director of Sexual Violence Support  
**Susan Nolen,** Staff Counselor  
**Natasha Torres,** Residential Fellow  
**Tina Young,** Associate Director, Health Services

**Outstanding Contribution**

**Ron Baker,** Custodian  
**Ann-Marie Guglieri,** Chief of Staff and Senior Associate Director of Internal Operations/SWA

**Employee of the Year 2015-2016**

**Victoria Carhart,** Registrar

**Employee of the Year 2016-17**

**Ron Baker,** Custodian
New Arrivals

AMANDA SMITH, senior administrative assistant for finance & administration, and partner, CLAYTON EAVES, carpenter, welcomed a daughter, EMMA LEIGH. She was 7 lbs. 6 oz. and 20 in. long.

KRISTIN BAKER, assistant volleyball coach, and her husband RYAN, head volleyball coach, welcomed a son, LANDON EDWARD. He was 7 lbs. 4 oz. and 20 inches long.

March Anniversaries

5 YEARS
BRADFORD DUNLAY, athletics, football

10 YEARS
ANDREW FAGON, accounting & control

15 YEARS
KEVIN ENGLISH, facilities
KAREN MEYER, facilities

30 YEARS
HAROLD COMFORT, facilities

Transfers & Promotions

SEV FLANIGAN - financial analyst

MARK HINE - director, classrooms, media & events

DARCIE LOVELESS - associate director, stewardship

JOSH SOLOMAN - assistant director, outdoor education

CODY TIPTON - director of conference services, summer programs & auxiliary support

DOUG WATSON - digital media & event support specialist

Retirements

JANE BROWN – data entry assistant, admission – February 17

In Memoriam

JAMES C. NICHOLLS – professor of romance languages & literature – January 26

LOUISE WILCOX – secretary, office of corporate, foundation and government relations—February 17
Laura Jack accepted the position of vice president for communications on February 6. She previously worked at Howard University as the vice president for development and alumni relations. Laura holds a MSEd and MBA from Baruch College and a BBA from Pace University. She enjoys running and reading.

Erin Patterson accepted the position of temporary processing archivist on February 6. She previously worked at the University of South Carolina as a graduate assistant and temporary archivist. Erin holds a Master’s of Library and Information Science from the University of South Carolina, and a Bachelor’s in political science. She enjoys reading, baking and traveling.

Ayla Halus accepted the position of assistant field hockey coach on February 7. She previously worked as the second assistant field hockey coach at Indiana University. She holds a Bachelor’s in biology and a Master’s in educational curriculum and instruction from Penn State. Ayla enjoys hanging out with her dog Nittany, playing and watching sports, and hanging out with her friends and family.

Jonathan Rost accepted the position of assistant men’s rowing coach on February 8. He previously worked for Fox River Rowing as the head juniors coach. A graduate of John Carroll University, Johnathan enjoys golf, sailing and fishing.

BIOMETRIC SCREENING
APRIL 4

On April 4, take advantage of the on-campus biometric screening as part of the CU Well program for 2017. This free and confidential screening takes just a few minutes of your time and can provide you with an overview of your health, a first step to being well. Registration is now open at connect.viverae.com under the Biometrics Screening link. By participating in the CU Well program, benefit eligible employees who earn 200 points will receive a taxable cash incentive of $250 in their December 2017 paycheck. The completion of one biometric screening each calendar year is required and will provide 50 points towards the incentive.

If you are unable to attend an on-campus screening event, you may participate by submitting a physician form with your screening results conducted by your physician. The form can be found online at connect.viverae.com. Please note that you are only eligible for one biometric screening per year. First time users will need to create an account.

REGISTRATION - First Time User

1. Log into connect.viverae.com.
2. Complete the new user registration:
   a. Identifier: DOB (MMDDYYYY) + Last 4 digits of SSN
   b. Registration Code: colgate (lower case)

*Please Note: Any information you share with the Viverae team will not be disclosed to Colgate, and Colgate will not have access to your medical or other information. This program is confidential and complies with the Health Insurance Portability and Accountability Act (HIPAA). The CU Well program is for benefit eligible employees. Participation in CU Well is entirely optional, but we encourage everyone to take advantage of this exciting opportunity. Sign up today!

Your next opportunity to participate in an on-site biometric screening will be on August 8, 2017 and will be communicated again closer to that date.

Please contact Human Resources at x7565 with questions.
Colgate Hot Jobs: Spread the Word

Colgate is a very special place to work! Let’s spread the word! 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:

- Administrative assistant, parents’ & grandparents’ fund
- Assistant director of residential life
- Coordinator, annual giving

Please remember to view all of our jobs at https://careers.colgate.edu
Summer Employment Opportunities

It’s time to think about summer hires!

Our Temporary Casual Wage and Summer Staff Employment Opportunities webpage has been updated for 2017. Think of it as a Summer Hire Roadmap! You may access it here: https://www.colgate.edu/working-at-colgate/temporary-and-summer-job-opportunities. All temporary casual wage and summer hires (including camp and student employment hires) must be coordinated with the human resources department before any offer of employment may be made. Our webpage can assist supervisors, students, staff and other candidates with pertinent guidelines and procedures.

Preference for summer hires must be given in the following order assuming applicants meet the requirements of the position:

- Regular employees of the university who work less than 12 months
- Colgate students who are on campus for the summer
- Children of Colgate employees

Applicants must have a current application on file at https://careers.colgate.edu.

If you have any questions, please feel free to contact Human Resources at careers@colgate.edu or x7005.

Colgate University is an Equal Opportunity Employer.
Second Annual “Go Red for Women” Event
A Success!

On February 2, nearly 150 people attended the second annual Go Red for Women Panel Discussion “It’s Time to Talk About Stroke” sponsored by Community Memorial and Colgate’s CU Well, Shaw Wellness and Trudy Fitness Centers. The event was moderated by Dr. Merrill Miller, with panelists Dr. Michael Walsh, DO, Anthony Klimek, III, MD, and Eric Deshaies, MD addressing prevention, emergency room, specialty cases and surgical intervention related to strokes.
Research has shown that poor diet and not being active are key factors that can increase a person’s cancer risk. The good news is that you can do something about this. Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.

The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could also be prevented.

Getting to and staying at a healthy weight is important to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes. Being overweight or obese increases the risk of several cancers, including those of the breast (in women past menopause), colon and rectum, endometrium (the lining of the uterus), esophagus, pancreas, and kidney, among others.

Being overweight can increase cancer risk in many ways. One of the main ways is that excess weight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth. For a basic and somewhat limited means to see if you are at a healthy weight, check your Body Mass Index (BMI), a score based on the relationship between your height and weight. To reduce cancer risk, most people need to keep their BMIs below 25. Ask your doctor what your BMI number means and what action (if any) you should take. Realize this is just one way to get a sense if you are at a healthy weight. Consider asking your healthcare professional about the right weight for you.

If you are trying to control your weight, a good first step is to watch portion sizes, especially of foods high in calories, fat and added sugars. Try to limit your intake of high-calorie foods and drinks. Write down what and how much you eat and drink for a week, then see where you can cut down on portion sizes, cut back on some not-so-healthy foods and drinks, or both. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.

Watching how much you eat will help you control your weight. The other key is to be more physically active. Being active helps reduce your cancer risk by helping with weight control. It can also help improve your hormone levels and the way your immune system works. More good news – physical activity helps you reduce your risk of heart disease and diabetes, too! So grab your athletic shoes and head out the door! (continued on next page)
The latest recommendations for adults call for at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, or an equivalent combination preferably spread throughout the week. This is over and above usual daily activities like using the stairs instead of the elevator at your office or doing housework. For kids, the recommendation is at least 60 minutes of moderate or vigorous intensity activity each day, with vigorous intensity activity occurring at least 3 days each week.

Eating well is an important part of improving your health and reducing your cancer risk. Take a good hard look at what you eat each day and try these tips to build a healthy diet plan for yourself and your family:

- **Choose foods and drinks in amounts that help you get to and maintain a healthy weight.**
- **Limit how much processed meat and red meat you eat.**
- **Eat at least 2½ cups of vegetables and fruits each day.**
- **Choose whole grains instead of refined grain products.**

People who drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink per day for women. The recommended limit is lower for women because of their smaller body size and slower breakdown of alcohol. These daily limits do not mean it’s safe to drink larger amounts on fewer days of the week since this can lead to health, social, and other problems.

Adopting a healthier lifestyle is easier for people who live, work, play, or go to school in an environment that supports healthy behaviors. Working together, communities can create the type of environment where healthy choices are easy to make.

We all can be part of these changes: Let’s ask for healthier food choices at our workplaces and schools. For every junk food item in the vending machine, ask for a healthy option, too. Support restaurants that help you to eat well by offering options like smaller portions, lower-calorie items, and whole-grain products. And let’s help make our communities safer and more appealing places to walk, bike, and be active.
Recycling and Reusing at Colgate: Frequently Asked Questions

Colgate’s annual RecycleMania campaign is happening now through April 1st. The Office of Sustainability would like to take this opportunity to address frequently asked questions about how to properly recycle or dispose of certain items that are either broken or no longer needed. Items could be anything from office supplies, furniture, microwaves, coffee pots, computers, monitors, small electronic devices, refrigerators, and almost anything else you can think of that is not part of our normal recycling program or too big to fit in one of our trash bins. This post will hopefully offer some guidance and give you more direction.

Let’s start with our basic campus recycling program. Colgate has two stream recycling which means that we need to separate recyclable materials into two different bins:

**PAPER RECYCLING.** One bin is for paper and all paper products. These blue bins are usually identified by having a lid with a slit that facilitates paper recycling. See bin on far left. This bin is for print and copier paper, newspaper, notebook paper, envelopes, magazines, and catalogs. Pizza boxes, cereal boxes, corrugated cardboard, paper bags, and dry food boxes can also be recycled with paper.

**BOTTLE AND CAN RECYCLING.** The other bin is for bottles and cans that are made of plastic, glass, or metal. These blue bins are usually identified by having a lid with two round holes that facilitates the recycling of bottles and cans. See bin on right. This bin is for all plastics #1-7, all glass bottles and metal cans, plastic milk and water jugs, yogurt containers, laundry soap and detergent bottles, and plastic grocery bags.

Paper and bottle/can recycling bins are located in every building on campus. Please take a moment to find and place your recyclables in the proper bin on campus. Check out Colgate’s [Recycling Guide](#) for more detailed information.

You will also see new recycling stations appear in more locations around campus. Like the ones pictured below, at right. These stations work nicely in helping to promote recycling on campus.

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The following Frequently Asked Questions (FAQs) should guide you on how to properly dispose of other types of items.

**Q:** Can I recycle common food and beverage items such as drinking cups (plastic or paper or coffee), plastic utensils, napkins, clam shells, straws, plastic wrapping, or unattached bottle caps?

**A:** No. They should all be placed in the trash. This is hard to do for many people who care about recycling but we need to keep our recycling streams as clean as possible. As a general rule, “when in doubt, leave it out!” As a best practice, reattach bottle caps to the container, then recycle.

**Q:** What do I do with large electronic devices such as Colgate-owned television sets, computers, monitors, and printers?

**A:** Call the ITS helpline (x7111). They will assist you in the proper recycling of your Colgate-owned electronics.

**Q:** What do I do with small electronic devices such as old cell phones, batteries, compact discs, digital cameras, iPods, cables and cords, printer cartridges, calculators, and other small electronic devices?

**A:** Bring these items to the second floor of the Coop (in the elevator alcove) or to any one of our 16 locations around campus (download eWaste map here) where they will be recycled safely and conveniently. Members of the Sustainability Office will come around every few weeks to empty the electronic waste bins in your area. If a bin becomes full and needs more immediate attention, please call x6360 or email us at sustainability@colgate.edu.

**Q:** What do I do with my spent printer cartridges?

**A:** Fortunately, Staples will conveniently collect your old printer cartridges for recycling. Simply hand it to the Staples representative the next time they make a delivery to your office area. A second option is to place the cartridge in one of our eWaste bins located around campus.

*(Continued on next page)*
Q: Can old clothing or textiles be recycled?
A: Yes! But first you should always consider donating old clothing to charitable organizations in our area such as Worn Again Clothing, the Rescue Mission, or the Salvation Army. If you have old clothing or textiles that are beyond reuse, then place these items in a clear plastic bag and seal it. Then, set the bag next to your other recyclables or recycling bins. Textiles are one of the least recycled items. The EPA estimates that the average person throws away 70 pounds of clothing per year. Thanks for doing your part.

Q: How can I properly dispose of old medications and prescription drugs?
A: Madison County periodically schedules disposal events for old medications. Check the Madison County recycling website to see if an event is being planned. Also, some pharmacies are also offering take-back programs. Check with your local pharmacy to see if they offer this important service. The Hamilton Area Community Coalition schedules a take-back event twice annually, visit hamiltoncoalition.com for dates. If no disposal events are being planned near you, then throw the drugs in your household trash. Never flush them down the toilet unless the label directly instructs you to do this. Check out the FDA website for more specific information.

Q: Can I recycle Styrofoam?
A: As a matter of fact, yes! Madison County recently implemented a pilot program for Styrofoam recycling. You can take any foam packaging or clean egg containers to the ReUse Store on the east side of Buyea Road at Madison County landfill and recycling center in the Town of Lincoln. Styrofoam (not including foam cups, packing peanuts, or heavily soiled materials) will be accepted during regular operating hours (Tuesday through Friday, 7 a.m. to 3 p.m.). For more information contact Mary Bartlett, county recycling coordinator, at 1-800-721-2208 or see this article.

Q: I have an item (such as a microwave, refrigerator, lab equipment, furniture, shelving, filing cabinet, etc.) that is no longer needed or wanted. What do I do with these items?
A: First ask yourself if the item is still useable. If you think the item still has value and can be reused, then visit the Surplus and Salvage and call or e-mail Joanne Vanderwood (ext. 7475; jvanderwood@colgate.edu). She will help you post your items for reuse or resale at auction. If your item is broken or is not salvageable, then you must contact B&G to put in a work order for pickup. B&G will collect your item(s) for proper disposal.

Q: I have extra office supplies that I no longer need or want. What can I do with them?
A: Visit the Salvage and Surplus webpage and e-mail Joanne Vanderwood at jvanderwood@colgate.edu to have your items posted. If you have extra paper clips, folders, lamps, and other items that you think other people at Colgate might need, post it on the site. Likewise, if you are looking for common items, put in a request before spending money on new items.

Q: What do I do with scrap metal that is no longer needed?
A: Call B&G and put in a work order. They will come pick it up for recycling!

Q: Do you have links to other resources that explain how to properly recycle at Colgate or at home?
A: Yes! Check out these additional resources:
Colgate’s Recycling Guide and website.
Madison County Solid Waste Department
NYS Electronic Waste Recycling
NYS Department of Environmental Conservation (DEC) – recycling and composting

Q: I still have an item or questions about recycling, what should I do?
A: Call (x6487) or email (jpumilio@colgate.edu) Colgate’s Director of Sustainability. He will be glad to help.
TIAA Informational Meeting - 4/6
Halfway There: A retirement checkup - Help make sure your retirement is ready when you are.

Retirement has a way of creeping up on people. Before you know it, you’ll be depending on all the money you saved and invested. If you’re panicking, don’t. There’s still time!

Give your retirement savings a checkup. TIAA’s workshop leader will provide information to help you determine where you need to be in your retirement savings, and how to get back on track if you’re behind:

- Find out how much you should be saving
- Discover different investment vehicles and how they can work together to help you reach your retirement goals
- Learn what’s competing for your retirement savings

The information session will be held on April 6 at 1:30 p.m. in the Clark Room, James C. Colgate Hall.

Please RSVP by April 4.
Culinary 101 is a faculty and staff cooking series that will be offered on the dates below in Donovan’s Pub. All participants will learn to prepare new dishes and take home helpful techniques to make cooking at home more enjoyable.

Thursday, March 23 - 12:10 p.m.

Thursday, April 20 - 12:10 p.m.

Thursday, May 4 - 12:10 p.m.
Cinco de Mayo Special

All demonstrations will be held in DONOVAN’S PUB.

Questions?
Contact Colgate Dining Services at diningservices@colgate.edu or 315-228-7366.

WE HOPE TO SEE YOU THERE!
A Special Thank You...

Friends,
I am surprised and deeply honored to have been selected as the 2015-16 Colgate Employee of the Year. This is not an award that I take lightly because I know that there are many outstanding and equally deserving individuals who give 110% to this University every day.

I am fortunate to work with amazing people who have encouraged, advised and supported me during my unexpected transition to registrar. Thanks, all of you, for your trust in me. I am proud to be a member of such a great community.

~Tori Carhart

Reminder: Closed For Annual Inventory
SUNDAY, MARCH 12—THURSDAY MARCH 16

Payroll Deduction Plan

Any eligible employee of Colgate University is eligible to purchase a personal computer or other qualified electronic device - at an educational discounted price - from the University's Bookstore gift shop under the Voluntary Computer Purchase & Payroll Deduction Plan. Eligible employees are able to defer payment of the purchase price, up to a pre-determined maximum amount of $2,000, and then pay this deferred amount through after-tax payroll deductions.

Click here for eligibility details.
Hamilton Seuss Saturday:
Don’t Miss The Fun!

Click Here for full schedule!

SCHEDULE OF EVENTS

10:15AM \ Hamilton Public Library
Official Mayor Proclamation – Village of Hamilton Mayor, Bob McVaugh, will kick off the celebrations by making a public declaration establishing Seuss Saturday 2017! A special story time will follow the proclamation to celebrate Seuss and share his story of “Daisy-Head Mayzie”.
13 Broad Street

11AM \ Hamilton Movie Theater
Enjoy a free showing of the 2003 comedy, “The Cat in the Hat” based on the Seuss classic, sponsored by Community Memorial Hospital. Don’t forget to order some Hop on Pop popcorn! Travis Hall, PhD-Psychologist, Community Memorial will speak for a half hour with Q&A to follow on preparing parents and guardians of children of all ages on creating positive body images and a self esteem in your children.
7 Lebanon Street

2PM – 3PM \ Colgate Bookstore
Stop by between 1-3pm to create a flower planting craft. Learn about the uniqueness of flowers in a special planting sponsored by the Friends of Rogers Environmental Education Center. Every child will take home their own flower planting. All Dr. Seuss books and toys will be 30% off! The bookstore generously donates 13% of their book sales from children’s and adult book-related events to the Hamilton Public Library. Through this collaboration of local business and public service, we aim to raise awareness of the importance and joy of reading while supporting both community cornerstones.
7 Ohra Street, 2nd Floor Events Room
The Department of Recreation is once again excited to offer

EMPLOYEE RECREATION WORKSHOPS

which offer faculty and staff an opportunity to take advantage of recreational facilities and instruction at no cost. Employees will earn CU Well points by reporting participation in the workshops as “Healthy Events” on MYVIVERAE.COM.

UPCOMING SPRING WORKSHOPS:

Learn to Skate
Thursday, March 9 | 12:10-12:50 p.m. | Riggs Rink in the Class of 1965 Arena

Racquetball 101
Tuesday, March 21 | 12:10-12:50 p.m. | Huntington 3rd floor Racquetball Courts

Racquetball - Beyond the Basics
Tuesday, March 28 | 12:10-12:50 p.m. | Huntington 3rd floor Racquetball Courts

Climbing Wall Introduction
Tuesday, April 4 | 12:10-12:50 p.m. | Angert Family Climbing Wall, Huntington Gym 3rd floor

Intro to Aikido
Thursday, April 20 | 12:10-12:50 p.m. | Huntington 2nd floor Martial Arts Loft

Aikido - Beyond the Basics
Thursday, April 27 | 12:10-12:50 p.m. | Huntington 2nd floor Martial Arts Loft

QUESTIONS?
Contact Katie Kammerdeiner
kkammerdiener@colgate.edu

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.

SAUNA

MARTIAL ARTS STUDIO

MORE INFO

ANGERT FAMILY CLIMBING WALL

Monday—Thursday 7-10 p.m.
Friday—Sunday 3-6 p.m.

MORE INFO

TRUDY FITNESS CENTER

Equipment includes Precor’s latest cardio and strength machines, including treadmills, ellipticals, stationary bikes and new adaptive motion trainers.

CLICK HERE FOR HOURS
Employee Appreciation Day
FRIDAY, MARCH 3

THANK YOU TO ALL OUR EMPLOYEES FOR YOUR DEDICATION AND COMMITMENT TO THE MISSION OF COLGATE.

You make a difference every day.