A group gathers on campus each Thursday at lunchtime to listen, share, and learn about ways to lose weight and live healthier. The Weight Watchers At-Work program at Middlebury College, sponsored by the Optimal Health Initiative Committee (OHIC), will finish its 13th session this month.

The weekly meetings, led by Danica Stein, begin with a private weigh-in to track progress, followed by group discussion about how members succeeded in implementing the strategies they learned about at the previous week’s meeting. Last week, the leader began by asking people to share how they dealt with the pressures of eating with family during holidays (referring to Easter and Passover), and whether or not they were able to carry out their plans. Various members shared how they used behavioral strategies like mental rehearsing, visualization, and preparing a supportive environment to make it through the weekend without overindulging. As members shared their stories, there was laughter from others as they recognized a familiarity with their own experiences, finding the humor in human nature and our attitudes toward food. There was much support and many words of encouragement from around the room.

The leader shared information about the promotions going on right now at Weight Watchers, specifically one called the “Walk-It Challenge,” a training program for completing a 5K walk, connecting the program to the organization’s focus on increasing exercise as a crucial part of losing weight and keeping it off. Danica also shared an inspirational quotation and informed the group that next week’s meeting would focus on successful self-monitoring.

When asked to share for this article what the At-Work program has done for them, many members mentioned that having a meeting on campus, during the lunch hour, has been crucial to their participation. Debby Anderson (Central Campus Box Office) wrote, “I have struggled for years with my weight. Having a place on campus to meet with others who are facing the same struggles has been a godsend. Once a week, I have to take time for myself and leave.

(Article continues on page 3)
Registration is now open for the sixth annual Way to Go! Commuter Challenge, which will take place May 4-8, 2009. This event encourages the use of money-saving, healthier, and more earth-friendly transportation alternatives to driving alone. Middlebury College has joined many other businesses across the state in competing for the highest percentage of employees that walk, bike, telecommute, carpool or take the bus from May 4-8.

Online registration is fast and easy at www.waytogovt.org. Simply select Middlebury College as your employer and fill out how you plan to change your commute. Winning businesses will receive awards at a ceremony on June 5. Additionally, everyone who registers will receive free giveaways and be entered in a drawing to win great prizes—iPods, Neuton® battery-powered mowers, Burton snowboards, overnight stays, restaurant gift certificates, yoga passes, golf and ski passes, and more.

Middlebury College employees have access to many alternative transportation options. They can ride for free on the Connector (bus route connecting Rutland and Middlebury), the Chittenden County Transportation Authority (CCTA) LINK and local buses, as well as Addison County Transit Resources (ACTR) buses. Two Zipcars are parked on campus providing people who don’t drive to work access to a car if they need one during the day. And for those who need to fix up their bike before riding it to work, the campus Bike Shop is open for employees, as well as students.

“Change starts with ourselves. It’s spring and time for a change. I hope a majority of the Middlebury community will change their commuting routine for a day or two, or more,” said Jack Byrne, Director of the campus Sustainability Integration Office. “There are over a thousand of us commuters and if more than half of us make a change, well, that would be a significant achievement. We could very well set a new record. I’m looking forward to putting on more bike miles myself instead of car miles getting to work during Way to Go week.”

The Way to Go! Week started in Chittenden County and has grown to include the Montpelier area and other towns across the state. Last year in Vermont nearly 3,000 Way to Go! participants saved an estimated 237,000 commuting miles, 206,000 pounds of carbon dioxide, and $49,000 in transportation expenses. Organizers have set this year’s goal to save at least 500,000 pounds of CO2.

For more information on the Way to Go! Commuter Challenge go to www.waytogovt.org or call ACTR 388.1946.

Milestones are determined by years of uninterrupted employment at Middlebury College. The following milestones were attained in April 2009:

5 YEARS

Monique Bedard
Dining Services

Patrick Greene
Dining Services

Frederick Lussier
Facilities Services

Patricia Padua
Sciences Tech Support Services

Kirk Sabourin
Facilities Services

10 YEARS

Eileen (Fahey) Brunetto
Geology

James Case
Facilities Services

Gloria Gottlieb
Registrar’s Office

Linda Langeway
Facilities Services

John Quelch
Facilities Services

15 YEARS

Margot Bowden
Spanish and Portuguese

Raymond Gale
Facilities Services

Lyle Greenwood
Facilities Services

MILESTONES
WW At-Work, ctd. from pg. 1

the hectic pace of my job. If I had to try
to fit this into my schedule after work,
I probably wouldn’t do it!” That senti-
ment of “once I’m home after work, I’m
not coming back to Middlebury” was
echoed in other responses, confirming
that the convenience of this meeting has
kept some members coming back again
and again.

Another sentiment shared by group
members has been the importance
of the College's support. One says,
“I would never have started Weight
Watchers except for the fact that the
College sponsors the program . . .
Coming here to Mitchell Green Lounge
is helpful because it is a familiar place
with familiar people, so it feels safe. It
makes me feel that the College is inter-
ested in our becoming healthy, and feel-
ing that support has been central to my
participating.”

The encouragement group members
feel from each other and the meeting
leader (“We have a very encouraging
and supportive leader in Danica,” one
member writes) has been a huge fac-
tor in their weight-loss success. Debby
writes, “I know that I am not alone in
this struggle. On my own, I have been
a yo-yo dieter for years and now know
that I really need the group support that
comes with regular meetings.” Another
member says, “Weight Watchers is
an excellent health program, and our
weekly meetings are a great way to find
encouragement, new ideas, and new
friendships. Our laughter and a ‘lite’
approach help, too!”

All members who shared their experi-
ences with this At-Work program have
mentioned the health benefits they
have enjoyed as a result of their weight
loss. “I am not at my goal yet, but I
am living a much healthier lifestyle. I
have more energy, I think about what
I consume, and I exercise more than in
the past,” Debby concludes. Another
member writes, “The healthy results
with even just a little weight reduction
are lower blood pressure, lower choles-
terol, and more energy. We are always
eager to welcome new members.” A
third says, “With the weight I lost, I am
definitely healthier, and I feel younger,
and that has everything to do with self-
confidence.”

The program will begin its next session
early next month. See the box below to
find out how you can join.

~ Liz Hammel

Weight Watchers At-Work, sponsored by OHIC,
to begin 14th series in early May

The first 20 people to sign up and pay the fee will receive a free Weight Watchers cookbook,
Now & Later! Meetings are Thursdays at 12:15
(Danica avail. for weigh-in at noon) in Mitchell
Green Lounge and last 30 minutes.

Cost: $144 for a 12-week series (can be paid in
three $48 payments). Cash, check, or credit cards
accepted. $30 off this series if it's your 1st
time signing up – supported by OHIC. New members
can register with Alexa Euler (OHIC Chair) by
e-mailing aeuler@middlebury.edu or calling
x5668 and sending a check by April 30 to hold
their spot.

People may join at any time during the series (at a pro-rated cost after week 2).

For more information, contact Danica Stein, meeting leader, at 802.287.5704
or e-mail danicaWW@comcast.net.
Faculty Grant

Jeremy Ward (Biology) has received a CAREER (Faculty Early Career Development) award from the National Science Foundation (NSF) to support a five-year program of research with undergraduates and outreach to local public schools: Toward the genetics of Meiosis: Integration of Meiotic Molecular Biology and Public School Science Outreach. The CAREER program offers NSF’s “most prestigious awards in support of junior faculty who exemplify the role of teacher-scholars.” This grant will involve more than 20 undergraduate students in research that combines genetics, cell biology, and molecular biology to determine the structure and function of a mouse gene that is important to the sexual reproduction process. The students will also be actively involved in developing a mobile genetics lab called the “Gene Wagon” that will be used in an outreach program for middle and high school teachers and their students.

OneMidd Mug Contest

Answer the following three questions correctly and you can win a sturdy, 15 oz. blue and white coffee mug. Send your response to middpoints@middlebury.edu. All entries received by 4 p.m. on Monday, April 27 will be considered. If more than five people answer correctly, winners will be selected at random.

1. The Bread Loaf Writers’ Conference is a) a stimulating community of diverse voices, b) a place to test assumptions about literature, c) a gathering of writers, editors, and literary agents, or d) all of the above.

2. Monterey Institute of International Studies was named one of the Top 20 Master’s Programs for International Policy careers by a) Peterson’s Guide, b) internationalpolicy.org, c) Foreign Policy magazine, or d) the Council on Foreign Relations.

3. In 2009-2010 the School in China will grow from one site (Hangzhou) to three sites by adding a second program in Beijing and a third program in a) Shanghai, b) Kunming, c) Nanjing, or d) Hong Kong.
2009 Student Employee of the Year Announced

On a sunny afternoon in mid April approximately 30 students and supervisors gathered in Axinn Center to recognize student employees for their hard work and dedication. Several departments were represented including CTLR, Sports Medicine, Chemistry, Arts Center, Music, Career Services, Alliance for Civic Engagement, and Recycling.

Students were nominated by their supervisors in February and early March. The nominees were judged on their reliability, quality of work, initiative, attitude, and contribution to the department. Those nominees, their supervisors, and staff colleagues participated in the awards ceremony on April 15. Each nominee was presented a small trophy and recognition certificate from members of the student employment office. The winner, Ashley Bell ’09 was presented with a crystal letter opener and business card holder. To get Ashley started, 50 printed cards were presented sporting her title, 2009 Student Employee of the Year.

Congratulations to Ashley and all of the nominees!

Ashley Bell ’09
Anna Gersten ’09
Scott Gratton ’09
Chester Harvey ’09
Casey Mahoney ’11
Nick Meiers ’10
Tara Panthi ’10
Alex Ryng ’09
Jeff Stern ’11

Ed Sullivan, coordinator of the Middlebury College Emergency Response Team (ERT) writes, “Dennis has dedicated his life to first response, first as a firefighter (he is the fire chief in Cornwall), and also as an EMT-B. Dennis is involved with the Cornwall First Response, Middlebury Volunteer Ambulance Association, and is also a member of the Middlebury College ERT. He is one of our charter members and has been very active in all these organizations for a number of years. This is a great honor for Dennis to be selected and we are very proud that he was recognized for all his years of dedicated service.”

2009 Student Employee of the Year with ACE staff.
Pictured from left to right are Betsy Mackey, Ashley Calkins ’06, Tiffany Sargent ’79, Ashley Bell ’09, Peggy Burns.

Staff Accomplishments

Dennis Rheaume (Public Safety) was named the 2009 Vermont Emergency Medical Technician (EMT-B) of the Year by his peers at the state EMS conference last month. EMTs from across the state vote on who they think deserves to be called the best First Responder, best EMT-B, best EMT-I, and best EMT-P. They also vote on best squad and first response organization. This year Dennis was selected as the best EMT-B in the state.
Classifieds

Classified ads are free for members of the staff, faculty, student body and alumni of Middlebury College. Ads must be submitted seven days prior to the publication date. Guidelines for ads can be found on the MiddPoints section of the HR Website. Please send ads to Classifieds, MiddPoints, HR, Service Building, or e-mail to middpoints@middlebury.edu (electronic submissions preferred).

Auto
Wanted: Truck cab. Must fit or come close to Dodge 2500 4x4 w/ 8ft. bed. Call 802.492.3913.

Other

For Sale: Child’s Trek bicycle helmet (size small), $10. x5044.

For Sale: Casio CT 625 electronic keyboard, with 210 Sound Tone Bank, in excellent condition, with case and adaptor. $60. x5044.

For Sale: Nike Golf spikes, men’s size 7.5, one year old, worn a few times but still like new. Waterproof. $15. Call x2095.

For Sale: Dining room set. Amesbury Chair farm table, 3’x5’; and 4 Windsor side chairs. Hardwood w/ natural & dark green finish. Good condition, 6 years old. $200. Please contact earkavis@middlebury.edu or call x5061.

For Sale: Refrigerator. GE 21.7, top freezer, ice maker. 2 years old in near-new condition. This model retails at over $1,500. Asking $550. Contact peterson@middlebury.edu or call 388.0725 early evenings.

For Sale: Children’s backyard playset. Very good condition. Includes slide, swings, climbing wall, rope ladder, deck area w/ tarp & more. Buttolph Acres location. $1,000 obo. Photo available. Contact Greg at x5161 or gbuckles@middlebury.edu.

For Sale: Bumbo Baby Sitter, blue, $15; Tiny Love Gymini Super Deluxe - lights & music, $25; both in very good condit. One pair Stride Rite size 8 toddler H&L sneakers, very good condit., $5. Two pairs Arizona size 6 toddler sandals, barely worn, both for $10. Photos avail. upon request. kbishop@middlebury.edu or x5584.

For Sale: Child’s Trek bicycle helmet (size small), $10. x5044.

For Sale: Casio CT 625 electronic keyboard, with 210 Sound Tone Bank, in excellent condition, with case and adaptor. $60. x5044.

Real Estate
For Rent: Summer rental in Middlebury: architect-designed house with living and dining room, kitchen w/ dishwasher, 2 BR w/ AC, guest room, 2 full BA. Washer/dryer, outdoor grill, spectacular Adirondack views. 3/4 mile N of town. Available c. 27 June-19 August. $2,250 for entire period, excluding electric, gas, telephone. broucke@middlebury.edu.

For Rent: Two houses on Lake Dunmore for rent on weekly basis in June, Sept. & Oct.: a large, 4 BR house, and a 1 BR cottage. Big grassy yard, sandy bottom swimming, boats, docks, fireplace, gas stoves, equipped kitchens. Low off-season rents ($380-big camp; $300-small camp). Call 247.5920 or 388.8317.

Wanted: Incoming faculty member looking for a furnished home reasonably near campus to rent for the year, starting in June/July. Non-smoker, quiet, and responsible. Accompanied by a quiet indoor cat. Delighted to offer references. Please e-mail me at burchs@si.edu or call 202.689.4702.

Wanted: Female non-smoking housemate wanted for June, July, & August. Charming fully furnished house just off campus & w/in easy walk of town. $500/mo. which includes utilities (slight extra for AC), wifi, parking, washer/dryer, dishwasher, eat in kitchen, large porch, shared full bath. Please write jhart@middlebury.edu for more info.

Wanted: 6-week furnished rental apartment or house (mid-May through June) in Middlebury. Academic couple w/ environment-friendly dog. Contact Michael Katz at 462.2899, mkatz@middlebury.edu.

For Sale: Bumbo Baby Sitter, blue, $15; Tiny Love Gymini Super Deluxe - lights & music, $25; both in very good condit. One pair Stride Rite size 8 toddler H&L sneakers, very good condit., $5. Two pairs Arizona size 6 toddler sandals, barely worn, both for $10. Photos avail. upon request. kbishop@middlebury.edu or x5584.

For Sale: Bookstore Stimulus Sale
Friday, April 24
8:30 A.M.—5:00 P.M.
30% off all clothing and select other merchandise with your MiddCard I.D.