Corrections to 2007 Engagement Calendar

Due to compilation errors, several dates in the college's 2007 color Engagement Calendar appeared incorrectly or did not appear at all. The correct events/dates are listed below. Please mark the corrections directly on your calendar so you don’t miss these key events and holidays.

Alumni College ends / September 2 (not September 3)
Fall Orientation begins / September 5 (not September 6)
Gordon C. Perine '49 Golf Tournament / begins September 7
Ramadan / begins at sundown on September 12
Alumni Leadership Conference / September 28-30 (not September 14-16)
Clifford Symposium / October 4-6 (not September 27-29)
Fall Family Weekend / October 12-14
Homecoming 2007 / October 26-28 (not October 21)

Middlebury College 2007 Employee Ski and Ride Day - March 18

Join fellow staff, faculty, and their families at the Snow Bowl or Rikert Ski Touring Center for a fun half-day of skiing and snowboarding on Sunday, March 18th from noon until 4:00 p.m.

A free afternoon lift ticket will be provided for all Middlebury College employees and their immediate family members. In order to receive lift tickets, employees must present their college ID.

Equipment rentals and lessons have been discounted. The costs are:

- Downhill rental: $6 per person (available at 11 a.m.)
- Cross-country rental: $4 per person
- Downhill ski/ride lesson: $9 per person for groups of 4 or more with compatible abilities; $12 per person for groups of 3 with compatible abilities; $18 per person for groups of 2 with compatible abilities; $36 for a private lesson.

Lessons begin at 12:30 p.m.

You are also invited to make your own s'mores and warm up with some hot chocolate, provided throughout the afternoon.

Don't miss the Downhill race at 1:00!
You can sign up to participate as a skier or rider, or just show up to support the racers.

If rental equipment is needed, forms are available in Human Resources to help facilitate the process of picking up equipment on the mountain.

Please R.S.V.P. by contacting Cathy Vincent at x5624 or vincent@middlebury.edu.

Hope to see you there!
Sponsored by the Snow Bowl, Rikert Ski Touring Center, and Human Resources.

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Insurance Card Check

Please check your insurance card to be sure it has a 9-digit subscriber number.

If it doesn't, you are still using the old card! Call Human Resources at x5465 to request a new one.
Middlebury Masters Swimming Debut

Members of the newly established Middlebury Masters Swimming Club participated in the New England Short Course Meters Championship at Boston University in December. Middlebury’s team won 8th place and set 10 records. They are pictured, right. Front row L to R: Katy Ramsey, Admissions Office; Mike Delaney; Charlotte Tate, Rohatyn Center for International Affairs. Back row L to R: Jessica Holmes, Economics Department; Bill Townsend; Peter Solomon, Physical Education Department.

Renew and Rejuvenate: Springtime Retreat with Gaye Abbott

April 9, 2007, 1 to 5 p.m., Kirk Center

Imagine resting comfortably while being supported and guided to drop into a deep state of relaxation; paying attention to your body; finding yourself breathing fully without any effort at all; moving and stretching as if you didn’t have a care in the world -- and having four entire hours to enjoy it!

Say “yes!” to the Middlebury staff/faculty retreat. Gaye Abbott, Registered Yoga Teacher and Certified Yoga Therapist, will once again facilitate a luxurious four hours to unwind, relax, and restore in a self care time-out. No previous yoga experience required. Contact Eileen Falvey at x5064 to register. Limited to 20 participants so sign up soon!

Middlebury Gets Snowshoeing

Winter is no reason to stop enjoying the outdoors and getting fit! The Optimal Health Initiative Committee invites interested employees to go snowshoeing with members of the HR team: Loretta Lee, Melissa Nicklaw and Perry Richards. Snowshoeing will take place on Tuesdays, beginning March 6 and continue as long as conditions remain favorable, starting at 12:10 and ending at 12:50. Folks are welcome to join for any or all of the days. The group will begin its trek at the rear entrance (by Kenyon) of the athletic complex.

In order to participate, please register with Melissa Nicklaw at x5465. Because the weather can still be cold, dress warmly and wear boots.

No snowshoes? No worry! The College has a limited amount available for use. Let Melissa know at the time of registration that you will need a pair, and pick them up at the information desk in the athletic complex prior to the trek.

Pilates!

Tuesday and Thursday from 12:30–1:30 p.m.

The cost for one day a week is $60 and two days a week is $120 for the entire semester -- a very good deal. The instructor, Nina Vila, can be contacted at 388-7400, or just show up at class and talk with her then.

Classes are held in CFA 109.

Optimal Health Initiative Offerings

Becoming Computer Friendly I (5 sessions)

This is a Beginner level class for those who have never before used a computer. Learn to use the mouse and keyboard and receive an introduction to word processing using Microsoft Word. This class moves along at a slow but steady pace, an hour per week, and at the end of five weeks you should feel comfortable with the computer, be able to write a letter and make corrections, cut and paste text, change the font (typeface), save documents and access various programs. We will also try out basic searches using Google, do some online shopping, read and send messages using Webmail and take a quick look at BannerWeb.

This class will meet every Thursday from March 15 through April 12, 8:30–9:30 a.m. Please register in advance by phoning the Helpdesk at x2200 or e-mailing them at helpdesk@middlebury.edu.

Middlebury College Staff Council (MCSC) extends our thanks to President Liebowitz for acknowledging the staff’s “extraordinary efforts during the recent snow emergency.” We appreciate the concern that was expressed for staff safety and the recognition of work well done by so many. It is times like these that remind us of what a wonderful, dedicated and supportive community we are part of!
Healthy Snacks

DID YOU KNOW?...The adult heart muscle beats 100,000 beats per day on average, pumping six quarts of blood through 60,000 miles of arteries, veins and capillaries. That is a considerable amount of vascular pathways! Most medical experts feel a person's coronary risk is half genetic and half diet. Make the most of your health by making good lifestyle choices, including regular exercise and a healthful diet.

Snacks are an important part of a healthy diet. Unfortunately, donuts, chocolate, and potato chips are sometimes the snack foods in question -- loaded with unhealthy fat, salt, and calories. The OHIC would like to offer the following suggestions for healthy snacks (courtesy of Patti McCaffrey, Assistant Banquet Chef). Make them for your family at home or bring them in to work when you are moved to provide food for your colleagues. Some of these alternatives are also available from Dining Services if you are ordering food for an event.

Better snacks include:
• Bagels and cream cheese, low fat if possible (187 calories for the bagel vs. 211 calories for a plain donut, and a lot less fat; 226 calories for a Danish with 30 carbs)
• Nutritious whole fruit or a refreshing sliced fruit platter, brimming with vitamins
• Yogurt, flavored or plain with granola (get your calcium for the day!)
• Concession size bags of plain popcorn
• Granola or energy bars (some fiber)
• A mixture of nuts; walnuts especially are a great plant source of Omega-3 fatty acid. Almonds, hazelnuts, and pecans are all good sources of protein and monounsaturated fats (the better kind)
• Non-fat Banana Bread (recipe right)
• Spicy chick pea snack mix (recipe right)

Non-fat Banana Bread
Yield: 1 loaf (16 servings)
Ingredients:
2-1/2 cup all purpose flour
2 tsp baking powder
2 tsp baking soda
1 tsp ground cinnamon
3/4 cup apple sauce
1 cup sugar
4 large bananas
1 tsp vanilla extract

Instructions:
Pre-heat oven to 350 degrees. Spray an 8/4/3” loaf pan with non-stick cooking spray. Combine flour, baking powder, baking soda, and cinnamon. In a large mixing bowl, whisk together banana, vanilla, apple sauce and sugar. Add flour mixture all at once and stir gently to blend. Pour batter into prepared loaf pan and bake for 50-60 minutes or until knife inserted into the center comes out clean. Cool bread completely before slicing. NOTE: Loaf can be wrapped and stored for up to one week or frozen for up to two months.

Spicy Chickpea Snack Mix
Yield: 3-1/2 cups (7 servings)
Ingredients:
2 Tablespoons curry powder
2 tablespoons brown sugar
1 tablespoon coarse salt
Two 15-ounce cans chickpeas, drained, rinsed, and drained again
Grated zest of 1 orange
1 cup golden raisins

Instructions:
Preheat the oven to 350 degrees. In a medium mixing bowl, mix the curry powder with the brown sugar and salt. Add the chickpeas and toss well to coat. Bake the chickpeas on a parchment paper-lined baking sheet, stirring occasionally, until crunchy, about 60 minutes. Remove the chickpeas from the oven and let cool, then toss with the orange zest and raisins.

Benefits FAQs
Some of the most commonly asked questions about the College Benefits packages, with their answers:

Q. When do my medical and dental coverage begin?
A. On the first day of the month following date of hire.

Q. Am I allowed to see any medical doctor?
A. Yes, but remember your out-of-pocket cost may be less with a preferred provider.

Q. How can I find a medical doctor who is a preferred provider?
A. Go to the following Website to determine whether your doctor is a preferred provider: http://www.cbaebpa.com/searchCBAebpa.html

Q. What if I have insurance now? Can I not enroll and make a change later?
A. If you are covered by someone else now, you may enroll in our insurance during open enrollment or within 30 days of loss of other coverage with proof.

Q. If my children qualify for Dr. Dynasaur now and lose eligibility, can I add them to my plan later?
A. Yes, within 30 days of loss of coverage with proof of loss.

Q. Are there any preferred providers for dentists?
A. No, which means dentists can require full payment at the time of service. The dentist would fill out the claim form and you send it to EBPA for processing. You will be reimbursed anything you are entitled to.
Where on Campus?
Who knows where this sculpture plays? Submit your guess via Outlook to Middpoints Editor or Middpoints@middlebury.edu. Next edition, we’ll report on how many people have seen him.

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. Please send your ads to: Classifieds, Midd Points, HR, Service Building, or via Outlook to: Middpoints Editor or Middpoints@middlebury.edu (electronic submissions preferred).

Real Estate
For Sale: Cornwall Farmhouse, 5 acres, recently renovated w/ standing seam/slate roof and new windows. New heating, plumbing & septic systems. Oak flooring, radiant heat in some areas, slate countertops, wood stove, Jenn-Aire range. Asking $282,000. Contact Eileen at efahey@middlebury.edu or 462-2191 for further info. and photos.

Automotive
For Sale: Harley-Davidson, XL 1200 Sportster. 1995 with only 10,127 original miles! Pretty purple with lots of extras and modifications. This bike is lowered for two feet flat on the ground. Color matched fairing, stylized white eagle motif on both sides of tank, leather saddle bags, tank bra, and tool bag. Leather wrapped controls w/ streamers. Stored in barn for winter. Asking $5,600 (I paid $5,799 a year ago). Call Lois at 388-6522 or e-mail llafount@middlebury.edu.

For Sale: 2006 LTF 250 Black Suzuki. 2 years old, first tank of gas. Runs excellent, in excellent condition. Didn’t do too much riding, just around house. Asking $2,500, a must see. For more info. or to see, call Debbie at 759-2239.

For Sale: 1994 Toyota 4-Runner SR5. 6 cyl., 5-speed, 4WD, AC, PDL, PW, moonroof. 126K miles. $3,500 OBO. Call Jason at 453-6499.

Other
For Sale: Full size, light-weight cotton futon with light brown corduroy cover and cherry wooden frame. Both in great condition. $100 set, OBO. Diana Sinton. 989-9217 or 388-8014.

For Sale: Brother, model 3800, electric typewriter. $25.00. Call Lois @ 388-6522 or e-mail llafount@middlebury.edu.

For Sale: White Kenmore refrigerator. Frost free. Works great, in excellent condition. Asking $200. Weight bench set with many weights included, asking $300. For more info. or to see, call Debbie at 759-2239.

Wanted
Wanted: Senior graduating in spring of 2007 and working in Middlebury. Available as a house-sitter for ’07-08 or Fall 2007. Previous jobs include head-tutor and commons chef. I would be happy to cook and/or do childcare as well for those not taking leave. Contact Luke: lstrauss@middlebury.edu, 802-318-3650.

Wanted: Small tow behind pop up camper. Just for sleeping, not too big. Must be small enough to be towed by small car. Reasonably priced. Call Norma at x5246 or e-mail leduc@middlebury.edu.