From the President

Jessica and I would like to take this belated opportunity to thank all those members of the College community whose efforts made the opening of the school year and the welcome for new students such a success. The commitment to the importance of personal relationships is one of the defining characteristics of the Middlebury College. So many staff on many occasions during these first weeks of the semester demonstrated this personalized attention in their interaction with the new students and their families: in particular at the new student orientation, international student orientation, registration and the move into dorms, the dinner for first year students, and Convocation.

We also want to thank those who made the Garden Party a wonderful event for so many staff and faculty. The gathering was a great way to begin our new academic year.

Once again, our sincerest thanks to all the members of the Middlebury College staff for the work done in preparation for the new term.

Sincerely,
Ronald D. Liebowitz

Remember

Middlebury College's 4th Annual Health and Wellness Fair sponsored by Middlebury College Staff Council and the Optimal Health Initiative Committee will be taking place on Tuesday, October 11, 2005 in the McCullough Social Space, 10 am to 2 pm. In addition to over 40 exhibitors, total cholesterol, glucose, and blood pressure screenings are being offered free of charge. If you are interested in registering for the screenings, please contact Laura Carotenuto at ext 2012 or by e-mail. It is anticipated that the screenings will take 10 minutes.

To register for the classes that will be held in Mitchell Green during the week of October 10th, contact Human Resources at ext. 5465 by October 7th. (Please make sure you have your supervisor's permission to attend.)

Buy Snow Bowl Passes in October

Snow Bowl season passes for Middlebury employees are $125 for an individual and $250 for a family again this year, but you'll save on the amount of tax you pay by purchasing them in October. The taxable amount is based on the difference between the general public's cost and your cost, and because the rate to the public increases significantly after October, you can save by making your purchase in October. Passes are on sale in the pro shop at the golf course from 8-5 daily, or can be purchased by calling ext. 5125 or on line at www.middlebury.edu/~snowbowl. Accepted methods of payment are cash, check, VISA or MasterCard. A MIDDCARD ID number must be provided to make the purchase.
Employees

Joseph Bradley, Sr.
Material Recovery Worker
Facilities Services

William Saunders
Servery Supervisor
Dining Services

Carrie Macfarlane
Science Librarian
Library and Information Services

Dustin Simmons
Third Cook
Dining Services

Ashley Conlin
Third Cook
Dining Services

Cory Dragon
Third Cook
Dining Services

Marcia Provoncha
Assistant to the Costume Shop Director
Center for the Arts

Jennifer Martell
Custodian
Facilities Services

Cynthia Lussier
Custodian
Facilities Services
THE Empty Nest: Making the Transition

As summer ends and parents are making back to school plans, some will be faced with the happy and sad process of sending a child off to college. For many parents this can be a difficult transition, but one that can be liberating and growth inducing as well.

Some tips to help you cope:

As you let go of your maturing children, be open to forging a new, more adult-to-adult relationship with them. You will become somewhat less a parent, and somewhat more a friend and adviser. Communication, acceptance, and flexibility are the keys to success.

College bound adolescents want to be independent. Deep down, they also want to be connected. Look for ways to stay connected that still allows for separateness and independence.

The move away is a wonderful opportunity for new growth for both parent and child. See it as such and enjoy the opportunity to move forward in your own life. Holding on too tightly to your child can impede his or her own growth and movement into independent living.

Talk openly and honestly about your feelings. Don't let them fester. Broach the subject with your departing son or daughter as soon as sadness surfaces. Encourage them to do the same.

Help them plan their independent future. If you do it together, the emotional stress of separation will be easier to manage.

If you decide to become more a friend and collaborator to your growing children, you will be less inclined to impose your own values upon them. This will allow them to be closer to you!

Adapt to your empty nest by forging new relationships with friends, your spouse, or other loved ones. Socialize more. Find new hobbies, interests, and meaningful activities to be engaged in.

Talk to other parents who already have been through the separation process. In most cases, knowing more about what lies ahead will greatly reduce the anxiety.

Accept that, as a loving parent, you're probably going to feel some grief during the separation process. Don't fight it. Recognize that as children grow up and move out, the emotional impact is usually bittersweet.

This transition – painful as it can be – need only be one stage in the journey of life. If you feel that you are having difficulty moving through it, call The Wellness Corporation. Trained counselors are available to help 1-800-828-6025.

October 2005 Computing Workshops

Library and Information Services

All workshops require advance registration. To sign up for workshops of interest please send an email request to: helpdesk@middlebury.edu.

Complete workshop descriptions can be found on the Events at Middlebury Calendar.

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For Your Benefit

Are you five years away from retiring? Three years? One? Would you like to learn more about retiring? Join Mark Woods from TIAA-CREF in November to learn about your options. No registration is required.

Wednesday, November 2
11:00am – noon
Hepburn Lounge
Preparing for Retirement – 12 Months Away
Your Income Sources
TIAA-CREF Income Options
Beginning Social Security
What Impacts Your Retirement Income
Final Steps

Thursday, November 3
3:00-4:00pm
Hepburn Lounge
Preparing for Retirement – 1 to 5 Years Away
Retirement Sources and Expenses
Identifying Savings Gaps
Circumstances that Impact Retirement Income
Income Distribution Options

Please bring your ID card to enter the building.
Ripped from the Handbook

The 2005-06 College Handbook is available for viewing on the Web at www.middlebury.edu/about/handbook. A few changes were made in the employee section of the handbook. These changes will be highlighted over the next few issues of Midd Points. The areas in which changes were made are listed below for your convenience.

Employment
2.3 Basic Information About Employment at Middlebury College
   Categories of Employment
2.9 The First Three Months
2.14 Internal Career Opportunities

Employee Benefits
3.2 Health and Welfare Benefits Plan

Time Away from Work
4.3 Combined Time Off

Printed copies of the employment section of the College Handbook are available at the Main Library Information Desk and Armstrong Library Circulation Desk (in McCardell B-Hall), in the Human Resources Office in the Service Building, at the Dean of the Faculty’s Office in Old Chapel, in the Facilities Services break room, Rehearsals Cafe, Golf Course Snack Bar, and in the kitchens of Proctor, Ross, Freeman International Center, and Arwater.

President Liebowitz will hold open office hours on Wednesdays, October 26 and November 16 from 3:30 to 5:00pm. No appointment is necessary, but meetings will be limited to 15 minutes out of courtesy to others.

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 (electronic submissions preferred).

Real Estate

For Rent: Apartment in Ripton. 1 BR, suitable for single or couple. Quiet wooded setting, close to trails for biking, skiing, etc. No smoking or pets. $550/month includes heat and electricity. Call 388-7203.

Auto


For Sale: 1995 SAAB 900S. 98,000 mi, red exterior, black leather interior, cruise control, 6 CD changer, great condition inside and out. New tires, plus snows. Runs great – moving to NYC. Asking $5,000 negotiable. Call 388-6576

For Sale: 1993 Subaru Legacy Wagon- Engine well maintained, new clutch, comes with 4 gently used snow tires. Great winter car. Moving- must sell $1,500 or best offer 462-3394.

For Sale: 1999 Toyota 4Runner SR5 4 WD, 121,000 miles, 6 cylinder, 5 speed Manual, AC, Power Steering/Window/Locks. AM/FM Stereo with 3 disc CD player, Dual front airbags, 4 wheel ABS, 4 new tires, Great Condition. Blue Book Price $8600. Call 443-5372

For Sale: 1998 Ford Taurus SE, 93,000 miles, scrupulously maintained, perfectly clean throughout, no rust. Rebuilt title from Countryside Motors, purchased 1999 at 18,000 miles. Excellent, reliable car always. All records since purchase. $3,600 OBO. 388-3605 or uskubiko@middlebury.edu.

Other

For Sale: Beautiful old oak sideboard with beveled mirror and unique carved decorations. About 4 feet long. Three drawers, two cupboard doors with shelving. Very unusual. Will e-mail photos on request. x2114 or lwatson@middlebury.edu.

For Sale: Drum practice pad, 10-inch diameter, Premo brand with metal stand that adjusts for height and tilt. Used but in good condition. Ideal for budding percussionists. $25. Ext. 2095.

Anyone still planning to go to The Great Escape this year? If so, please call x5671. I have one ticket. $20

For Sale: Remote control for Panasonic MP3 CD player (model SL-SX430); Charger and charger adapter for mobile phone (LG VX10 and/or LG TM520 series). Please call or email Nat Caldwell (802.443.5776, ncaldwel@middlebury.edu).

Wanted: Garage to rent in Middlebury area throughout the winter for compact car. Please call Rob at x5344 or Joanne at x5959.

For Sale: Quilters 18” Hoop Wonder Stand. This high-quality stand allows you to rotate your quilting hoop into the most comfortable working position. Tension knobs allow for easy adjustments and breakdown for storage. The base can be extended to a 45” height; 18” round hoop tilts. Lightweight and stable; made from American hardwoods. Brand new, never used $65. Call Diane @ x2276

Wanted: basic old-fashioned stationary bike in working condition. Call 462-2267 or millier@middlebury.edu.

Antique Furniture For Sale: solid wood (walnut?) “gentleman’s wardrobe” set of four drawers tastefully out of sight behind pair of doors with elaborate pulls $275; light pine commode $250; Art Deco bedroom set (double bed, bureau & dresser with mirror) $750; rectangular maple drop-leaf table $125; 5-legged oval oak drop-leaf table $275. Photos and dimensions available. Looking for something else? Just let me know – we must have it somewhere! Contact Cindy Slater, x5579 or send email to: slater@middlebury.edu.

Wanted: 1BR apt. for Single, NS professional w/excellent credit. Midd/Bristol/Vergennes area, late Oct/early Nov, cats OK. $500/mo. Call x5105.