Resolved to get in shape in 2010?
OHIC and Nicole Wilkerson have an offer that may help

If you are starting off the new year with fitness in mind, an offer from the Optimal Health Initiative Committee (OHIC) and coach Nicole Wilkerson may be just what you need to get started with a goal and a plan to help you reach it.

The second annual Middlebury Maple Run Half Marathon will take place on Sunday, April 25. The 13.1 mile course, which can be tackled solo or in a two-person relay this year, winds its way into downtown Middlebury from its start at Porter Hospital, passes the UVM Morgan Horse Farm in Weybridge, and brings runners out South Street Extension after a section on the Middlebury College campus. It is a beautiful course with a mix of paved and dirt roads, hills and flats, that boasts Green Mountain views and a surprising number of cheering supporters.

As an incentive to get new runners on the road to fitness, OHIC has offered to pay half of the race fee for the first 10 staff or faculty who would like to sign up for the race and meet with Assistant Cross Country and Track Coach Nicole Wilkerson, an OHIC member. Nicole has offered to help the runners devise a realistic training plan that will prepare them for success running or walking the 13 miles (6.5 if on a relay team) by the end of April.

“My goal is to get all 10 to the finish line,” Nicole says. She plans to meet with the 10 registrants (and other staff and faculty race entrants who are new runners and are seeking training advice) at the end of January to help them organize their 12 weeks of training. Her focus is on beginning runners/walkers who currently run 10 miles a week or less, so everybody will be starting on the same page. Nicole will let runners know what they will want to do during each month leading up to the race to prepare them to have a great experience. “People who sign up have to be motivated,” Nicole says, adding, “the offer is attractive because it will be a group of people working toward a common goal.”

(Article continues on page 3)
As the new year begins, the Optimal Health Initiative Committee (OHIC) would like to take this opportunity to remind staff and faculty members about ongoing opportunities here at Middlebury for a healthier you. Middlebury has a world-class athletic facility that is open to all faculty and staff. Come take advantage of a fitness center, natatorium (big pool!), climbing wall, squash and indoor tennis courts, just to name a few of the possibilities. The hours are regular and frequent during classes, but change during breaks and vacations. View the complete schedule at http://go/athletics?facilities. For questions, contact Athletics at x5250 or the Natatorium at x5246.

OHIC sponsors several ongoing wellness classes. Aqua Aerobics, led by Norma Leduc, meets in the natatorium Tuesdays and Thursdays from 11-12 (swimming ability is required). A faculty/staff meditation group meets in the Abernethy Room in the Axinn Center Fridays at 12:15. Also, a morning stretch class meets in the Mitchell Green Lounge Monday through Friday from 7:30-7:45. It’s a great gentle way to start your day. Participants in OHIC sponsored classes also earn Health Cents – gift certificates for healthy choices at the Grille.

Don’t forget about the mountain! The Middlebury College Snow Bowl offers discounts on family season passes (www.middlebury.edu/campuslife/facilities/snowbowl/tickets/seasonrates.htm) for benefits-eligible faculty and staff, as well as a complete ski shop (http://go/ski shop), and lessons for all abilities (http://go/snowbowl and click Snow School Programs). ACTR offers a shuttle bus that leaves conveniently from campus 7 days a week in the winter season. See (www.actr-vt.org/bus_schedules/snow_bowl.php).

And if you aren’t a downhill skier, Rikert Ski Touring Center on Breadloaf Campus offers 42 kilometers of trails, and is open 7 days a week from 9 to 4. Contact Rikert at x2744 or the Snow Bowl at 388.4356 for more information.

Ongoing OHIC Opportunities in 2010

Kaye-Lani Laughna, an International Student & Scholar Advisor in International Student & Scholar Services (ISSS), has been selected to be on the NAFSA: Association of International Educators-Region XI (New England) leadership team as the state representative for Vermont. Her three-year term began on January 1, 2010. She also will be responsible for convening our state group -- VISA (Vermont International Student Advisors), which usually meets twice per year to provide an opportunity for networking, support, and education among colleagues who work in international education in Vermont.

Editor’s note: The College would like to continue recognizing the many accomplishments of its staff in MiddPoints. Accomplishments include: awards, degrees, certifications, special licenses, apprenticeship completions, published writing, presentation at a conference, election or appointment to the board of a professional or trade organization. Please send the information about an accomplishment to the MiddPoints Editor at middpoints@middlebury.edu or call x2565.

Where does this garden grow when it’s not under two feet of snow?

If you think you know e-mail the MiddPoints editor at middpoints@middlebury.edu
Important Benefits Reminders

Smooth operation of employee benefit plans requires a strong partnership between employees and Human Resources. The Human Resources Department works diligently each year-end to accurately process the thousands of required or requested benefit record changes, and then we check and recheck our work. However, we also must rely on you, the employee, to do your part in managing your benefits by confirming your benefit elections. When you receive your first 2010 paycheck next Friday please review it carefully and let us know if you have questions or if anything seems amiss. Here are a few benefit points to keep in mind:

Medical/Dental Insurance
• If you added or dropped dependents under your medical or dental plan new ID cards were mailed to you in the last week of December. Please confirm that you have received your new ID card(s). (If you did not make a dependent change new cards were not mailed to you).

• If you need additional cards (for example, for a child away at college) call the toll free customer service number (1.888.222.9206).

• As was announced in November, the employee portion of the medical and dental premiums did not increase for 2010. However, if you made a coverage level change (single/2 person/family) you should see a premium change in the first paycheck of 2010.

Voluntary Life and Accidental Death & Dismemberment (AD&D) Insurance
• Premiums related to an increase in Life insurance up to the guarantee issue amount, reductions in Life coverage, or age-band changes (5 year increments) should be reflected in the first paycheck in 2010. If you made changes or will hit a new age band in 2010, please confirm your premium by reviewing your paystub.

(Please continue reading on page 4)

OHIC Maple Run program, ctd. from page 1

The Middlebury Maple Run was started in 2009 by a group of area runners and organizations, including several College staff and faculty members, who wanted “to provide a hometown race for local runners, to support local and national charities (last year race proceeds were donated to HOPE and the Cystic Fibrosis Foundation), and to draw visitors to our town during a typically slow time of year for tourism. Our region is a fantastic environment for running and we want to showcase Middlebury as a destination for runners,” explains Keith Wilkerson (College Advancement), one of the race organizers and Nicole’s husband. He adds, “We picked the end of April partially because it’s a down time in terms of community events, and it also fits well as a training race for those preparing for the Burlington marathon at the end of May.”

A competitive distance runner and triathlete, Nicole was a Division I runner at Rice as an undergraduate, and she coached Texas A&M athletes while there earning her master’s degree in kinesiology (science of human movement, studying how the body functions and moves). Working her way through graduate school, Nicole did some personal training, and she co-authored a Health and Kinesiology textbook while instructing in those subjects to undergraduates.

Here at Middlebury College since 2001, Nicole has a busy coaching schedule, as our men and women runners compete all academic year – in fall’s cross country season, and the winter indoor and spring outdoor track seasons. In addition, Nicole instructs in the Physical Education program.

“If you have even a remote interest in starting to run for fitness, here is an inexpensive way to get the support you need to try to achieve that goal.”

“I’m excited about working with the runners who take OHIC up on the Maple Run program. I spend a lot of my time coaching seasoned athletes, so I am looking forward to working with people who are trying something new,” says Nicole. “If you have even a remote interest in starting to run for fitness, here is an inexpensive way to get the support you need to try to achieve that goal.”

Those interested should contact Nicole at nwilkers@middlebury.edu or call her at x3159. Nicole will send you a registration form for you to fill out and pay your half of the registration fee ($30 for individuals; $50 for a two-person relay team – your portion would be $15 or $25 if you are among the first 10 to contact Nicole). The deadline to sign up for this program is Friday, January 28, but 10 entries are not that many, so get in touch with Nicole soon!

There is great community-wide interest in and support of the Middlebury Maple Run, a collaboration among the area athletes who dreamed up the event and local organizations including both the Better Middlebury Partnership and the Chamber of Commerce. Many community members volunteered at last year’s race, assisting along the course and at water stops, and the Middlebury Community Emergency Response Team handled traffic safety for the event. Check out the race website at http://www.middleburymaplerun.com for details and a full description of the course.

~ Liz Hammel
Karen Poppenga – With over 20 years in the food service industry, Karen joined the wait staff at 51 Main in July. She says, “Would love to have students, faculty, and staff join us for lunch, 11-4:30!” Karen moved to Cornwall a year and a half ago with her husband and six children.

Anna Harlan – Anna is the new Academic Department Coordinator for English & American Literatures. She and her husband recently moved to Weybridge from Los Angeles, and they are thrilled to be in Vermont. Anna has two dogs and enjoys photography.

Bradley Lambert – In August, Bradley became a Maintenance Carpenter Mason for Facilities Services. He grew up in Stowe, VT, and now lives in Cornwall with his wife Marci.

New Employees

Important Benefits Reminders, ctd. from page 3

- Requests for new voluntary Life coverage or for increases in Life coverage over the guarantee issue amount are not effective until approved by the insurer (Mutual of Omaha). An Evidence of Insurability form must be submitted to Mutual of Omaha if you have requested this type of change. Mutual of Omaha will notify you directly of approval or denial. Any premium changes will be made as of the effective date of the approved coverage.

- As announced in November, premiums for AD&D coverage did increase for 2010. Please refer to the rate chart on the HR/Benefits web page: www.middlebury.edu/administration/hr/Benefits.

Flexible Spending Accounts

- 2010 elections for the Health Care and Dependent Care Flexible Spending Accounts should be reflected in the first paycheck of 2010.

Please review your pay stub and confirm that your contribution is correct (your per-pay-period deduction should equal your annual election divided by 26).

- Remember, you have until March 15, 2010 to file claims against your 2009 flexible spending accounts for expenses incurred in 2009. The FSA Claim form can be found on the HR/Benefits web page at www.middlebury.edu/administration/hr/Benefits. Please visit CBA Blue’s website at www.CBABlueVT.com to review your account information.

Retirement

- If you submitted an election form prior to the holiday break requesting a change to your Voluntary Retirement Plan contribution or to enroll in the 457b Salary Deferral Supplemental Retirement Plan for 2010, your new elections should be reflected in your first paycheck of 2010. If this applies to you please confirm review your pay stub to confirm your new deduction amount.

Also please note that the revised Summary Plan Description (SPD) for the Middlebury College Health & Welfare Benefit Plan is available on the HR/Benefits webpage.

If you have questions or concerns about your benefits please contact Human Resources at 443.5465 as soon as possible. Thanks for doing your part to keep our benefit plans running smoothly!

Your Benefits Team,
~ Cheryl Mullins, Benefits & Compensation Manager
~ Lisa Hoff, Benefits Specialist
  (Medical, Dental, Flex & Life/AD&D)
~ Loretta Lee, Benefits Specialist
  (Retirement Accounts)
January and February openings for on-campus counseling with TIAA-CREF consultant

If you are interested in scheduling an on-campus, one-on-one visit with Erik Moreau, consultant with TIAA-CREF, to discuss your retirement plan investments, he has openings in his January and February scheduled visits to Middlebury:

Tuesday January 26
Thursday February 4 and Tuesday February 16

To schedule an appointment online for one of the dates above, go to http://go/hr and click on Benefits, then the TIAA-CREF Microsite link. Click on Set up a Meeting in the blue bar at the bottom of the main microsite page, and select Vermont in the drop down box. If you do not have easy access to the internet, or if you want to call to schedule an appointment for a meeting time, feel free to call Erik’s assistant Melissa, toll free, at 866.904.7801, extension 275142.

Middlebury History

25 years ago ● British anthropologist Francis Huxley delivered a lecture on “The Numerology of Lewis Carroll With Special Reference to the Number 42.” Administrators from 12 New England colleges gathered at Middlebury to discuss alcohol on campus and the drinking age. John Cassavetes’ film Minnie and Moskowitz was shown at Dana Auditorium.

10 years ago ● The College named Timothy T. Huang of the Mathematics and Computer Science Department as the recipient of the Perkins Award for Excellence in Teaching. Churchill G. Franklin ’71 succeeded Claire W. Gargalli ’64 as chair of the Board of Trustees. The College received a $500,000 Initiative Challenge Grant from the Kresge Foundation for the acquisition of new scientific equipment for Bicentennial Hall.

5 years ago ● Executive Chef Bo Cleveland led a workshop on “Nutritious Cooking that Tastes Good” at the Health and Wellness Fair. The College launched “Events at Middlebury,” the new on-line calendar that features pop-up windows with details and an “add to your calendar” feature. The Bread Loaf Writers’ Conference established the Fairbanks International Fellowship for an African or Caribbean writer.

Middlebury College
United Way of Addison County Campaign
December Raffle Prize Winners

Many, many thanks for your support of the United Way of Addison County, its member agencies, and most importantly, the people they serve, during this fall’s campaign!

• $100 Middlebury Money: Michael & Karen Lynch
• $50 Middlebury Money: Jessica Isler
• $10 Middlebury Money: Robert Cameron, David and Marie Horlacher, Carrie Miyoshi Macfarlane, Alice & John Rouleau, Robert Schine, Joanna Shipley

With warm regard and great appreciation ~ Liane, Karl, Rich, Tiffany, Linda, and Jason

Arts at Middlebury
What’s coming in 2010?

Check out the Arts calendar of events at www.middlebury.edu/arts/calendar to see what is coming up in 2010. Two exhibits open this week:

Exhibition of Large-Format Drawings in the Johnson Memorial Building from January 7 through January 15.

Greece vs. Rome: The 18th-Century Quest for the Sources of Western Civilization at the Museum of Art from January 7 through April 18.

Human Resources • Service Building, 2nd floor • 802.443.5465 • hr@middlebury.edu

MiddPoints is published approximately twice per month by Human Resources for the faculty and staff of Middlebury College. The issue schedule and deadlines are listed on the Human Resources Web site. MiddPoints is mailed without charge to regular full time and part-time employees. MiddPoints is Human Resources’ primary communication vehicle on policy changes, upcoming events, news, and other items of interest to employees. Entities outside the campus may not advertise in MiddPoints.
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

For Sale: 4 Nokia Hakkapellitta snow tires 205/70 R15. Very good cond. Used 1-2 seasons on Dodge Gr. Caravan. 3,000-6,000 miles. $150. gharder@middlebury.edu.

Real Estate

For Rent: Charming 1825 stone farmhouse in Weybridge (10 min. drive from campus). 1.5 BR, 1.5 BA, LR, DR, kitchen, & large multi-use room. Cozy, quiet, convenient, and exceptionally beautiful location on the banks of Otter Creek. Owned by Midd. alumni and rented to faculty and staff for years. A bargain at $1,200/mo. Heat & all utilities included. Call 759.2735 or e-mail nchang@middlebury.edu for more info.

For Rent: Very nice 3 BR apartment in Village setting, large living room, eat-in kitchen, den, 1-1/2 bath, wood floors, laundry hookups, heat/garbage included, off street parking, on site storage unit available for additional fee, no smokers/pets, $1,000/mo., first/last/security, references. 382.8522 (D) 734.1166 (C).

The 5th Annual Fight the Cold Auction Needs You!

The Fight the Cold Auction, started by Emily Nelson ’07.5, raises money to purchase heating vouchers for families in Addison and Rutland counties. Since the first silent auction, we have donated close to $4,500 to Shareheat, part of Central Vermont Public Service (CVPS), which for 20 years has helped local people who struggle to heat their homes. In order to raise money, we need gifts of talent and time to auction off. Past contributions have ranged from hand knit scarves, dinners of every shape and kind, a night in a hot tub, and more.

Is there something you can contribute? E-mail James Tresner (jtresner@middlebury.edu) by noon on Tuesday, January 12 with a description of the item and a proposed minimum bid (or with any questions). Not sure what to contribute? Stop by the Wonnacott Commons Office between Wednesday, January 13 and Friday, January 22 to bid on an item! We have already received contributions ranging from a Middle Eastern dinner for six, to a half hour swim lesson with the Middlebury College swim team coach, to a cable-knit hat made from homespun wool and more. Thanks in advance for your support!

College Book Store

Gray 1/4 zip hockey sweatshirt
regular price of $49.95
special sale price of $32.47
(35% discount)
available
to the first 12 people.
Sizes are limited,
hurry on in.

Wanted

Wanted: Looking for a temporary host home/family for a 3 year old Yorkie called Zack for 7 weeks (ending of June-mid August). He is friendly, social, outgoing, obedient, house-trained, and compatible with other dogs. Summer school faculty. Fair remuneration. Please contact: maleggreg@middlebury.edu or 410.564.5634.

Roommate Wanted: Bristol home in country neighborhood. $550/mo.; includes 1 BR, BA, use of laundry, kitchen, living areas. You buy your own food, paper products, laundry detergent, etc. I have 2 children and 2 dogs. Looking for someone who can jive with a family. Non smoker. Contact Jennifer at jwilley36@hotmail.com.

Wanted: Housing for 7 Midd alumni working on 350.org for the first 3 weeks in February. We have a campaign debrief in VT and are looking for a place to stay in the Middlebury/Ripton area. We’re willing to pay rent, but are just looking for a place big enough for all of us, hopefully with wifi. Please contact Kelly at kelly@350.org or call 610.220.5378.
4th Annual Middlebury College
Ski and Snowboard Fun Race Series

Interested in generating a little rivalry between departments? Forming a team with other faculty, staff and/or students for some Friday afternoon fun? Enjoying free food at après ski parties?

Then put together a team of at least three skiers or snowboarders and sign up for the Ski and Snowboard Fun Race Series. Individuals can participate as well.

No racing experience necessary -- skiers of all levels can score points for their teams!! With an unlimited team roster, you don't even need to attend every race...

Special Rates for the Series: $10 for a half-day ticket
$15 for half-day rentals

Race Schedule
(all Friday races 12:30-3:30 p.m.)

January 15
January 22
January 29
February 5
February 12
February 19
March 5
March 12
March 19

Aprés Ski Locations
(4:00-7:00 p.m.) - FREE FOOD!

Doria's
Fire & Ice
Mister Up's
51 Main Street
Two Brothers Lounge & Stage
Doria's
Mister Up's
Fire & Ice
Two Brothers Lounge & Stage

Registration

*To register your team, please send team info to middskibum@gmail.com. We need the following information:
1. Team name
2. Names of all racers
3. Gender of all racers
4. E-mail addresses of as many team members as possible

No Registration fees for teams consisting of all-College affiliates (faculty, staff, students).

If you want to create a combined college-community team, you need only pay $10 per community member. *Please send checks to: Two Brothers Tavern, c/o Middlebury Ski Bum League, PO Box 691, Middlebury, VT 05753. Registration fees go toward restaurant compensation for food provided at après ski parties, advertising, weekly awards, and end-of-year awards.

(see reverse for rules and other information)
Rules

1. Teams must be comprised of at least three skiers, snowboarders, or telemarkers. Team size is unlimited this year!
2. Individuals are also encouraged to participate!
3. You may add team members over the course of the season as long as they haven't raced for another team or been placed on another team's roster. Once you've added a member to your team, they are permanently a part of your team for the remainder of the season. Should a member of your team not be able to finish the season for one reason or another, they may petition the league to replace that racer for the remainder of the season.
4. Each racer is allowed two runs between the hours of 12:30 and 3:30 p.m.
5. The faster of each racer's two times will be counted.
6. The three best scoring times from each team will go toward their team's final score.
7. Scoring is based on a system by which the field is divided into equal sections. For instance, if 60 or more racers complete the course, the field will be divided into quarters. If fewer than 60 complete the course, the field will be divided into thirds. The fastest finishing racer in each divided field will receive one point, second fastest two points, third fastest three points, etc. This system will make every racer's run count - for example, finishing with the 46th fastest time will earn as many points as the racer with the overall fastest time.
8. Women will be scored against women and men against men.
9. The team with the lowest overall score (the combination of their best three racers) will win that week's race.
10. To qualify for the Championship Cup, each team must finish a minimum of three racers in five of the nine race weeks.
11. The team with the five best race weeks (overall fewest points) will be the 2010 League Champion!
12. Gift certificates will be awarded to winners in different categories at each après ski party!
13. League racers are responsible for purchasing their own lift tickets.

Courtesy of Chris Eaton, members of Facebook can visit our new Facebook page at www.facebook.com and type in Middlebury Skibum Race League. The page will be evolving as time goes by and will be a fun, useful tool in communicating the race schedule, après ski schedule, results, and general ski bum gossip. Please visit the page and add your contributions, or send in any ski photos you may have from past seasons to our new official league address at middskibum@gmail.com so that we can post them on our Facebook page.

Thank you! We look forward to another fantastic season on the slopes!