<table>
<thead>
<tr>
<th>Name</th>
<th>Campus Address</th>
<th>Phone</th>
<th>Email</th>
<th>Representing</th>
<th>Until</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chrisle Bell</td>
<td>7 College Lane</td>
<td>2514</td>
<td><a href="mailto:cbell@als.smith.edu">cbell@als.smith.edu</a></td>
<td>DOC ADMI</td>
<td>2001</td>
</tr>
<tr>
<td>Cyndi Button</td>
<td>Gill Hall</td>
<td>3270</td>
<td></td>
<td>CMP ADMI</td>
<td>2001</td>
</tr>
<tr>
<td>Sandy Bycznski</td>
<td>Stoddard Hall 32B</td>
<td>2634</td>
<td><a href="mailto:sbycznski@als.smith.edu">sbycznski@als.smith.edu</a></td>
<td>PPO ADMI</td>
<td>2000</td>
</tr>
<tr>
<td>Mary Clayton</td>
<td>Stoddard Hall 23</td>
<td>2982</td>
<td><a href="mailto:mclayton@als.smith.edu">mclayton@als.smith.edu</a></td>
<td>VFP/PA ADSU</td>
<td>2000</td>
</tr>
<tr>
<td>Patty Corday</td>
<td>College Hall 10</td>
<td>2550</td>
<td><a href="mailto:pccorday@als.smith.edu">pccorday@als.smith.edu</a></td>
<td>DOC ADMI</td>
<td>2001</td>
</tr>
<tr>
<td>Cynthia DiGenaro</td>
<td>College Hall 27</td>
<td>3003</td>
<td><a href="mailto:cdigenerino@als.smith.edu">cdigenerino@als.smith.edu</a></td>
<td>PPO ADMI</td>
<td>2000</td>
</tr>
<tr>
<td>Ann Finley</td>
<td>Ziskind Kitchen</td>
<td>2300</td>
<td></td>
<td>RADS SERV</td>
<td>2001</td>
</tr>
<tr>
<td>Michelle Finley</td>
<td>Jinsworth Gym</td>
<td>2466</td>
<td><a href="mailto:mfinley@als.smith.edu">mfinley@als.smith.edu</a></td>
<td>PPO ADSU</td>
<td>2001</td>
</tr>
<tr>
<td>Scott Girard</td>
<td>126 West Street</td>
<td>2840</td>
<td><a href="mailto:sgrard@jessie.alsmith.edu">sgrard@jessie.alsmith.edu</a></td>
<td>OU SERV</td>
<td>2001</td>
</tr>
<tr>
<td>Ay Ling Han</td>
<td>2012 West Street</td>
<td>2404</td>
<td><a href="mailto:ahang@jessie.alsmith.edu">ahang@jessie.alsmith.edu</a></td>
<td>Presidential Appointee</td>
<td>2001</td>
</tr>
<tr>
<td>Amy Johson</td>
<td>30 Belmont</td>
<td>2260</td>
<td><a href="mailto:ahoh@jessie.alsmith.edu">ahoh@jessie.alsmith.edu</a></td>
<td>At Large</td>
<td>2001</td>
</tr>
<tr>
<td>Sarah Lazare</td>
<td>Seeley Hall 307</td>
<td>3037</td>
<td><a href="mailto:slazare@smith.edu">slazare@smith.edu</a></td>
<td>Presidential Appointee</td>
<td>2001</td>
</tr>
<tr>
<td>Mary Martineau</td>
<td>Alumnae House</td>
<td>2688</td>
<td><a href="mailto:mmartineau@als.smith.edu">mmartineau@als.smith.edu</a></td>
<td>VPA ADMI</td>
<td>2001</td>
</tr>
<tr>
<td>Mary Ann Phoenix</td>
<td>College Hall 17</td>
<td>3006</td>
<td><a href="mailto:maphoenix@als.smith.edu">maphoenix@als.smith.edu</a></td>
<td>PPO ADMI</td>
<td>2000</td>
</tr>
<tr>
<td>Audrey Pomeroy</td>
<td>Hillery Hall</td>
<td>3102</td>
<td><a href="mailto:apomeroy@smith.edu">apomeroy@smith.edu</a></td>
<td>At Large</td>
<td>2001</td>
</tr>
<tr>
<td>Pat Rice</td>
<td>Berenson 1</td>
<td>3232</td>
<td><a href="mailto:price@smith.edu">price@smith.edu</a></td>
<td>LIB ADMI</td>
<td>2000</td>
</tr>
<tr>
<td>Cynthia Ruel</td>
<td>Neilson Library</td>
<td>2529</td>
<td><a href="mailto:cruel@library.smith.edu">cruel@library.smith.edu</a></td>
<td>PPO ADMI</td>
<td>2001</td>
</tr>
<tr>
<td>Sam Rush</td>
<td>Theatre</td>
<td>2497</td>
<td><a href="mailto:srush@smith.edu">srush@smith.edu</a></td>
<td>PPO ADMI</td>
<td>2001</td>
</tr>
<tr>
<td>Stephanie Schoen</td>
<td>76 Elm Street</td>
<td>2680</td>
<td><a href="mailto:sschoen@smith.edu">sschoen@smith.edu</a></td>
<td>At Large</td>
<td>2001</td>
</tr>
<tr>
<td>Bill Sheehan</td>
<td>College Hall 5</td>
<td>2222</td>
<td><a href="mailto:bsheehan@smith.edu">bsheehan@smith.edu</a></td>
<td>VPPA/PA ADMI</td>
<td>2000</td>
</tr>
<tr>
<td>Jane Sommer</td>
<td>Drew Hall</td>
<td>2570</td>
<td><a href="mailto:jsommer@smith.edu">jsommer@smith.edu</a></td>
<td>VPPA/PA ADMI</td>
<td>2000</td>
</tr>
<tr>
<td>Naomi Sturtevant</td>
<td>Neilson Library</td>
<td>2962</td>
<td><a href="mailto:nsturtevant@library.smith.edu">nsturtevant@library.smith.edu</a></td>
<td>LIB ADMI</td>
<td>2000</td>
</tr>
<tr>
<td>Kelly Taylor</td>
<td>Alumnae House</td>
<td>2020</td>
<td><a href="mailto:ktaylor@als.smith.edu">ktaylor@als.smith.edu</a></td>
<td>VPA ADSU</td>
<td>2001</td>
</tr>
<tr>
<td>Laurie Wyman</td>
<td>College Hall 24</td>
<td>4979</td>
<td><a href="mailto:lwyman@als.smith.edu">lwyman@als.smith.edu</a></td>
<td>At Large</td>
<td>2001</td>
</tr>
</tbody>
</table>

**Have a Heart; Take Care of Your Health**

By Eric Wild

Heart disease is the leading cause of death in the United States, affecting millions of people. Understanding your heart health is crucial for maintaining a healthy lifestyle and reducing the risk of heart-related issues. This article aims to provide insights into heart health, including common risks, prevention strategies, and resources for those interested in improving their heart health.

### What is Heart Disease?

Heart disease refers to a range of conditions that affect the heart's structure or function, leading to various health issues. Common types of heart disease include coronary artery disease, heart attack, congestive heart failure, and arrhythmias (irregularities in heart rhythm).

### Risk Factors

Several factors increase the risk of heart disease:
- **Smoking**: Smoking is a significant risk factor for heart disease. It can damage the heart and arteries, increasing the risk of heart attack.
- **Poor Diet**: A diet high in saturated and trans fats, salt, and cholesterol can contribute to heart disease.
- **Physical Inactivity**: Sedentary lifestyle is linked to increased heart disease risk.
- **Obesity and Overweight**: Excess weight puts extra strain on the heart.
- **High Blood Pressure**: High blood pressure can lead to heart disease.
- **High Cholesterol**: High cholesterol levels can contribute to hardening and narrowing of arteries.
- **Type 2 Diabetes**: Diabetes increases the risk of heart disease.
- **Alcohol and Drug Use**: Excessive alcohol consumption and illegal drug use can be harmful.

### Prevention Strategies

1. **Healthy Lifestyle**: Eating a balanced diet, regular exercise, maintaining a healthy weight, and avoiding smoking and excessive alcohol intake are key.
2. **Regular Check-ups**: Regular medical check-ups can help detect and manage potential heart issues early.
3. **Risk Factor Management**: Managing high blood pressure, cholesterol, and diabetes can significantly reduce heart disease risk.
4. **Workplace Wellness Programs**: Many employers offer wellness programs that promote heart health.
5. **Use of Technology**: There are mobile apps and devices that can help monitor heart health and alert users to potential issues.

### Resources for Improved Heart Health

- **American Heart Association**: Offers extensive resources and information on heart health.
- **Mayo Clinic**: Provides detailed information on heart health and disease prevention.
- **CDC's Heart Disease and Stroke Prevention Program**: Offers guidance and resources to improve heart health.

By prioritizing heart health, you can reduce the risk of developing heart disease and enjoy a healthier, more active life. Regular check-ups, healthy habits, and awareness of your heart health are crucial steps in maintaining a heart-healthy lifestyle.
Dear Readers...

Taking Up The Chronicle Reins

So dedicated and able was Dick Fish as editor of The Council Chronicle, it takes two of us to replace him. And as we embarked on the production of this fine issue with us at the publication’s helm this summer, it has become increasingly evident that we will never replace Dick. Because he deserves credit for having brought this publication to the level of informational engagement and entertainment it’s at today. As its new editors, we’ll attempt to continue its production as seamlessly and unnoticed as possible.

Okay, so we’ve changed the color of the paper we print on and tweaked the masthead a little. But the content of the Chronicle will remain largely the same. With this and every issue, you’ll continue to read lively, interesting and detailed features and profiles about Smith’s varied staff and life on campus. You’ll learn historic and little-known facts about the campus and the Smith community.

Whenever possible, you’ll receive in these pages essential pieces of information that can enhance and simplify your life at work. And you’ll always get a regular update of the many ways Staff Council and its sub-committees are advocating and brainstorming on your behalf.

We at The Council Chronicle view the Smith College staff as a highly effective, mutually dependent team of essential contributors to this institution’s well-being. Each of us on staff is a necessary part of the high-quality education received by students who visit here. We would like the Chronicle to be the voice of that team and we always encourage articles and ideas for stories from its members. Welcome to the same old Chronicle...but with two editors instead of one.

For your unsung contribution during four years at the helm, thank you, Dick Fish. — Eric Weid, Amy Holich, editors, The Council Chronicle

By the way...

We didn’t plan it this way but observant readers may notice a theme running through this Chronicle edition. With our cover feature on maintaining good health, a profile of Ann Turoska’s tumor-defying brush with death and a memorial to two invaluable Smith employees who have passed on, we might call this our “health and life” issue. If it works for you, it works for us. — Eric Weid

Communications

The Communications Committee has been hard at work on a proposal for a Five College Discount Program modeled on Harvard University’s Outings and Innings discount program, which offers discounts to Harvard employees on everything from theater tickets to car service. The committee has developed a business plan that Lianne Sullivan-Crowley will present to the Five College Human Resources directors for implementation.

In the meantime, the committee has also developed a list of existing discounts for Smith College employees including some at Serv-U, the Calvin Theater, LaSalle’s Florist, Enterprise Rent-A-Car, Foster Farrar, Bell Atlantic Cell Phone, Cellular One, Costco Wholesale Club, and Napa Auto Parts. If you are aware of any other merchants that offer discounts to Smith or Five College employees, please notify committee members.

After researching the development of an online community bulletin board for employees’ classified ads, the committee determined that members of the Smith community can use the existing ‘Five College’ for sale organization. Instructions for logging on to this service can be obtained from committee members or from ITS.

Personnel Policy

The Personnel Policy Committee has been meeting regularly with Lianne Sullivan-Crowley, Director of Human Resources, and Gaynelle Weiss, Associate Director of HR. The committee has had a very productive year and through this ongoing dialogue with HR has been involved in discussions regarding flexibility in the workspace, revision of the performance evaluation process, staff handbook review and policy revisions, the content of appointment letters and how they are distributed and the Employee Excellence Program. Committee members welcome these opportunities to participate as HR develops new initiatives.

Some concerns that HR reviews annually, such as the need for fuller and more direct communication with staff about salary increases, will require further dialogue in the upcoming year. The committee has also requested to HR that there be some standardization in staff salary letters (as was done last year) so that everyone can receive the same basic information. In a standardized salary letter, staff members who are not full-time, 12-month employees, for example, would be informed of their start and end dates for the year.

Another issue of ongoing concern is communication with all staff about the performance evaluation process.

Check this space in future issues of The Chronicle to keep updated on the many ways Staff Council and its committees are working to enhance and simplify your life at work.

— Amy Holich with chair committee
What's Up with Staff Council?

Have you ever wondered what exactly Staff Council members work on when they go off to all those meetings? Are they really exploring pertinent staff issues or are they just meeting for lunch and exchanging the latest campus gossip? Perhaps you're wondering what the work of Staff Council and its committees means to you personally. Here's a new feature we're adding to The Chronicle that will bring you up to date on all the activities and concerns the various Staff Council sub-committees are working on.

Activities

The Activities Committee coordinates many trips each year, including two this year to New York City: A Day On Your Own in April and a visit to the Statue of Liberty and Ellis Island Immigration Museum in June, which was their most popular trip ever, with 120 participants. The committee was also responsible for the entertainment portion of the annual Faculty/Staff picnic. This year's line-up consisted of: DJ Day Ali Glaiel; Peppermint Patty and Posey the Clown, who provided walk-around entertainment and balloon sculptures; two face painters; a nail painter; a baseball pitch sports arena and two bounce houses. Beach balls, beanbag animals and other toys were distributed to the first 200 children and $121.49 was donated at the Hospice of Hampshire County/VNA Alliance table. The committee is anxious to know what you thought of the revised line-up. Please pass along your comments to Cindy Rucci at crrucci@library.smith.edu or phone her at extension 2923.

On August 12, the Taste of Northampton food festival will kick off with volunteers recruited by the Activities Committee working in the "Taste" office and arcade. Participants receive a Taste T-shirt, a $5 bag of tokens redeemable for food, and are invited to attend the "Taste of the Taste" orientation picnic at the Inn at Northampton.

Taste of Northampton Committee members are the driving force behind a living memorial to longtime staff and committee member Marie L'Heureux, who passed away in April after a lengthy battle with breast cancer. Marie was especially fond of dolphins and the committee accepted donations of $349 from her friends and family to purchase dolphins that will be planted this fall on the Paradise Pond island. Additionally, they will be conducting the annual fall Denim Day campaign for the Susan G. Komen Breast Cancer Foundation in Marie's memory.

Employee Excellence Awards

The winners are...

The results are in and 15 Smith employees have been officially recognized—and compensated—for doing stellar work in the area of service, teamwork or community relations. The Employee Excellence Award winners were announced at the Faculty/Staff picnic in June. In its pilot year, the program received 91 nominations for people in departments across campus by their coworkers and associates.

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
<th>Type of Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIZ ANDERSON</td>
<td>Student Affairs</td>
<td>Service</td>
</tr>
<tr>
<td>ALINE BLOOMGARDEN</td>
<td>Advancement</td>
<td>Service</td>
</tr>
<tr>
<td>SYLVIA CRAFTS</td>
<td>RADS</td>
<td>Service</td>
</tr>
<tr>
<td>CHARLIE CONANT</td>
<td>Physical Plant</td>
<td>Service</td>
</tr>
<tr>
<td>DIANE GARVEY</td>
<td>Advancement</td>
<td>Service</td>
</tr>
<tr>
<td>JANET ORAGA</td>
<td>Health Services</td>
<td>Service</td>
</tr>
<tr>
<td>DONNA GLISS</td>
<td>Humans</td>
<td>Service/Divinity/Community</td>
</tr>
<tr>
<td>SARAH LAZARE</td>
<td>Jacobson Center</td>
<td>Service</td>
</tr>
<tr>
<td>FELICIA LEVEILLE</td>
<td>EALL</td>
<td>Service</td>
</tr>
<tr>
<td>ERIC SAHIB</td>
<td>Libraries</td>
<td>Service</td>
</tr>
<tr>
<td>OLGA PIERRE</td>
<td>RADS</td>
<td>Service</td>
</tr>
<tr>
<td>VALERIE SCHUMACHER</td>
<td>Financial Aid</td>
<td>Service</td>
</tr>
<tr>
<td>RITA SINGER</td>
<td>Theatre</td>
<td>Service</td>
</tr>
<tr>
<td>NAOI HUSTEVANT</td>
<td>Libraries</td>
<td>Service</td>
</tr>
<tr>
<td>JULIE VAN DOREN</td>
<td>Science Center</td>
<td>Teamwork</td>
</tr>
</tbody>
</table>

Program selection committee members were Kathy Bates, RADS Local 211; Lisa Panish, RADS Local 211; Cynthia Burton, administrative support; Maria Vallesio, administrative support; Mary Philpott, administrator; Ruth van Erp, administrator; and Gaynelle Weiss, associate director of human resources, as non-voting chair. The committee received nominations through June 1 and recommended the winners to President Simmons. The winners will be honored at the Employee Recognition Program on October 7 and each received an after-tax award of $1,000.

Below is a list of this year's Employee Excellence Award winners. Congratulations to all.

Thanks for the (Picnic) Memories

The Chronicle would like to express the thanks of the entire staff to all of the folks who made the annual picnic on June 15th such a special event this year. Hard work by the staff of Physical Plant, RADS, Staff Council Activities Committee and the many volunteers made this one of the most successful picnics in our memory with more than 1,500 staff, faculty and families in attendance. The weather couldn't have been better. And this year's entertainment, including DJ Day Ali Glaiel, Peppermint Patty and Posey the Clown, who provided walk-around entertainment and balloon sculptures, face painters, a nail painter, a baseball pitch sports arena and two bounce houses made for a fun, carnival-like experience for everyone. Beach balls, beanbag animals and other toys were distributed to the first 200 children and $121.49 was donated at the Hospice of Hampshire County/VNA Alliance table. A giant thanks to all who were so much a part of this wonderful event for the community!
Long-time Staff Members Will Be Missed

During the past few months, the Smith community has grieved the loss of Marie L’Heureux and Bill Ames, two valuable members of the staff whose presence will be sorely missed. While their roles on campus were very different, the health struggles both faced were strikingly similar as was their attitude toward the battle they waged against that which ultimately took them from us.

An 18-year employee, Marie L’Heureux worked in the Graduate Office. She genuinely enjoyed her work, reflecting her enjoyment in everything she did. Perhaps most noteworthy is the way she conducted her professional life in recent years. Marie’s cancer recurred four years ago after having been originally detected and treated in 1985. The seriousness of the recurrence was immediately evident to her but she requested the opportunity to work and be regarded as she had always been. Her co-workers tried to oblige and she in turn carried on in the same caring and efficient manner that had always characterized her work. She was so successful, in fact, that virtually no students and only a few of her colleagues were ever aware of the life-and-death battle she was quietly and valiantly waging Marie’s courage was inspirational.

Bill Ames, a 22-year employee of the Physical Plant Grounds crew, never stopped courageously fighting his silent enemy. Throughout his seven-year battle with lymphoma, Bill was seldom discouraged by a bad test result. Rather, he would bounce back even more determined, all the time with an optimism that most of us could not have sustained. His condition seemed almost inconceivable as he went about his daily tasks, always taking time to meet colleagues with a warm smile and upbeat greeting, never forgetting to make his daily call home to his wife and grandchildren. Affectionately known by children at Fort Hill as “Tractor Bill,” he made

The operation wasn’t the end of Turomo’s nightmare. She followed up that procedure with 33 radiation treatments during the next year and chemotherapy after that. In the winter after the operation she contracted meningitis, a not uncommon malady following such treatment, and was again in fear for her life. And then they have been strange after effects as a result of her illness. She experienced bouts of memory loss that were corrected with therapy. She has lost feeling in two toes on her right foot. And, perhaps less critically, “My handwriting has gone from bad to atrocious,” she says.

Even considering the benefit of Dr. Black’s futuristic surgical procedure, Turomo has beaten the odds, her doctors say. Most people with a tumor the same size and position in their brain as hers would not have survived, she’s been told. “The doctors in Boston call me their ‘miracle girl,’” she says, because of her refusal to succumb to the tumor.

Two things have helped Turomo, her doctors have said, in her bid to overcome her tumultuous invasion: her prior physical condition and degree of exercising. Turomo, who has always enjoyed jogging for exercise and several team sports, returned to her jogging as soon as she could. To help with her mental recovery, she meets with a local cancer support group twice a month. And for fun, she sings in the Commonwealth Opera. Turomo’s recovery isn’t complete in the past, she says. She continues to travel to Boston twice a year to monitor her tumor remains. “I’ll probably always go for checkups,” she says, though she hopes they will become less frequent in the future. And while for now the tumor remaining in her brain is dormant, she lives with the knowledge that someday without warning her headaches could start up again, that inactive tissue could again threaten her life.

So she doesn’t take life for granted. Ironically, Turomo says her outlook on life has improved as a result of her brush with death. “I definitely changed the way I look at everything,” she says. “I really don’t worry about the little stuff. I just look at the bigger picture now.” One thing she would never have noticed before: flowers, birds, trees, the little things. Every morning when I wake up, I’m thankful to be here.”

exercise a routine part of my life,” she says. “It’s become a learned habit.” That’s the objective behind the wellness programs, says Charlotte Corr, the college’s work-life coordinator who directs the HR programs to make good health a habitual part of employees lives. “Exercising is more than just going to the gym,” she says. “It’s more than just picking up weights. Our program is to help employees find activity that they enjoy and will incorporate into their lives. These programs educate people on all aspects of remaining healthy.”

Many of these programs and facilities are the result of the college’s 1996 Self-Study conducted in 1996. Part of that study concluded that employees wanted access to good health. Employees want to be in shape. That’s good news for the college, says Leslie Power, human resources manager. “A healthier lifestyle will promote a healthier employee, the explains,” “so that creates a more productive time spent here.” Power emphasizes that there are many facets to good health: “Commercial routine, nutritious diet, thorough knowledge of your body’s needs, ample rest. But among all the aspects of good health, the most important, Power says, is a healthy outlook. “The ultimate objective is to engender positive attitude. The number one contributor to life longevity is happiness.”

The college subscribes 25 percent of the cost of all its wellness programs. To enroll in one, contact Charlene Corr at extension 2297 or ISS, extension 3747.”
Ann Turumsha
Still Running Strong After Brush with Death

BY ERIC WELD

In July 1996, Ann Turumsha, a research associate in Advancement, was told by a doctor at Hartford Hospital to go home and get her affairs in order. She had only two to six weeks left to live. A brain tumor about the size of a quarter in diameter had grown "right in the middle of my brain," she says, and was too far along, in the doctor's opinion, to operate. There was nothing he could do.

About a week earlier Turumsha had started getting intense, incapacitating headaches that would last five to 10 minutes. After seeing her local physician about the headaches, she was advised to undergo further testing in Hartford. When she received the doctor's deadly diagnosis, things began to move very quickly, she said. By the end of the day, her diagnosis had improved slightly to terminal within two to four months. Turumsha faced certain death if nothing was done.

"I was scared of course," she says. "I thought I would die soon, from what this fellow said. He didn't want to operate because the tumor was too far along. Conventional surgery would not have done anything."

Wise, she sought a second opinion, a move that would eventually mean the difference between living and dying. She went to see Dr. Peter Black, chief neurosurgeon at Harvard's Brigham and Women's Hospital. Black at the time was pioneering a new technique that attempted to neutralize brain tumors by targeting them with a laser and burning them down section by section. He had only performed the experimental operation twice before. On August 22, 1996 Turumsha became the third person to undergo the procedure. For five hours, she was put under anesthesia and a three-inch gap was cut into the top of her skull just left of center. Dr. Black then inserted an MRI scanner into her brain and proceeded to burn down the tumor with his precision laser to about half its original size. What remains in Turumsha's brain today, and what may remain there for the rest of her life, is a dime-sized chunk of inactive, and for now, benign tissue.

"This guy, Dr. Black, saved my life, I'm sure," says Turumsha. "If this had happened to me five or six years ago, I'd be dead" because the procedure was not available then. Since that time, Black has performed the operation more than 200 times.

With her experience, Turumsha, whose parents both died of cancer and whose predecessor at Smith, Carol Tesiero, died of a brain tumor, advises tumor and cancer patients to "definitely get a second opinion. And don't give in because there's always a chance. There's so much doctors don't know."

A Word from Beverly Ames

A note of thanks to the Smith College community:

I want to take this time to thank all of you who took the time to offer your support to me and my family at the time of my husband, Bill Ames', passing.

I had no idea that there were so many, many people whose lives were touched by Bill's presence at Smith College. Thank you so much for sharing your personal memories of him with me. The generosity of everyone at Smith was overwhelming and will never be forgotten. All of your prayers were what held me up on the saddest day of my life.

With sincere thanks,
Beverly Ames
How did I get myself into this?

By PATRICIA HAYES

LESSON 1

I've never been on a horse, unless you count a pony ride when I was two years old. Now I'm 37 and taking riding lessons with my friend Jan. What the hell was I thinking? I'm in the Fox Meadow Farm horse barn at Smith. It's just. I'm wearing boots, long pants and a hard hat. Luckily it's 100 degrees today. I'm nervous.

We walk into the ring to meet our horse. I thought I loved horses, but apparently I'm terrified of them. Are horses always this big? They've given us the biggest horse in the stable and he seems impulsive. His name is Yankee and he looks like a stallion. Our instructor, Lisa, shows us how to groom the horse. There are four different brushes. Four brushes! I don't give myself much attention even on a good day. I brush Yankee and this seems to irritate him. We learn about the saddle and bridle. We don't have to sit on the horse today and I'm relieved. The lesson ends.

Maybe next week we'll have a smaller, calmer horse. I ask Lisa if they've ever had a horse that typically gets really sleepy in the afternoon.

LESSON 2

Against my better judgment, I'm back in the barn. This is my childhood dream so I can't quit. I try to control my nerves.

We report to Yankee's stall (no sleepy horses available I guess) and learn to "rack up," to put the saddle and bridle on the horse. I'm less nervous standing next to Yankee since Lisa has instructed us to stand and what to do when he pushes us with his head. We put the saddle on Yankee. The bridle is a nightmare. As per instruction, I find myself standing under Yankee's neck with both arms wrapped around his face holding a tangled mess of leather straps while trying to stick a piece of metal in his mouth with my little fingers near his big teeth. Yankee's not cooperating and I have more of the bridle on me than him. Lisa says the trick is to stick one's thumb in the horse's mouth (1) in order to get him to take the bridle. It's not working. I've got my fingers so far down Yankee's throat I can feel his tonsils. Lisa laughs and lets us struggle until we succeed.

Thirty minutes later we walk Yankee out of his stall. Lisa teaches us how to safely lead a horse, and I'm amazed that I can do this. I notice how beautiful Yankee is, especially when he co-operating. He gives me a look that says he knows I'm a novice.

We ride. It's time to climb on. Mounting and dismounting are tricky. Lisa demonstrates. She's fabulous! I try and barely get on the ground. It looks so easy in the movies. After a bit of effort (OK, a boost!) I'm up. I'm finally sitting on a horse! I try to imprint this moment in my memory forever. Instead I look down and wish for a smaller horse. Lisa leads us around and I don't fall off. I have to remind myself to breathe. And then the dismount. It isn't pretty, but I've survived.

We play. It looks like fun. Our instructor, Lisa, shows us how to groom the horse. There are four different brushes. Four brushes! I don't give myself much attention even on a good day. I brush Yankee and this seems to irritate him. We learn about the saddle and bridle. We don't have to sit on the horse today and I'm relieved. The lesson ends.

Lucas, Brewster and Kori

BY PATRICIA HAYES

You may have seen Joe Stoddard at camps, a mild-mannered member of the grounds department. But as soon as he dons a coat and tie and enters the ring, he becomes Joe Stoddard, handler of purebred champion Australian Shepherd.

Joe fell into this world of agility by accident. About 10 years ago he and his wife, Mary Ann, had a cat. But when their cat died, they decided to look for a dog—a short-haired (had to be short-haired) female pet. That's when they met Lucas. Lucas was the puppy, a male Australian Shepherd with a lovely blue and white, long-haired, double coat. The local breeder sold him to Joe and Mary Ann as a pet quality dog. But soon young Lucas began maturing into a surprisingly stunning dog. The breeder called the Stoddarts and asked if they would consider showing him in the breed ring. After a few false starts (for example, Lucas and Joe were once so startled by a judge that Lucas melted into the floor while Joe was frozen to the spot), Joe and Lucas swept through the show ring, winning distinction in both ASCA and AKC championships.

Mary Ann and Joe are now devoted Aussie people. They now have two more long-haired blue merles: Brewster, an advanced obedience champion, and their newest pup, Kori. And they are both very involved in the Australian Shepherd Club of New England. So much for short-haired dogs in their lives.

So when a tall, balking fellow from the grounds department asks you to clean up after your dog, please don't call him a dog hater. Remember, you may be looking at Joe Stoddart, true blue dog lover extraordinarse.

"Rozie"

By PATRICIA HAYES

J-20 librarian Marlene Wong is in love. She's crazy about Rozie, her big red Doberman Pinscher. Rozie's not just any "dookie," Marlene would say. She's well-socialized, devoted companion who was originally destined for a very different life. She would have been a champion bred dog but for her Geena Davis overbite and a $200 vet bill to remove a rock she'd swallowed. Young Rozie, you see, was a rock eater, an expensive rock eater at that. So her breeder reluctantly searched for a home where she could live her life as a pet. This quixotic fable of fate and an off-chance decision to visit a dog show in West Springfield sent Marlene and Rozie on a collision course that resulted in their mutual love. True love. The two have been together for a little over a year. You can often see them together on Main Street. Rozie's busy life includes agility training, obedience classes and Sunday trips to church in Easthampton where Marlene plays the organ. For Rozie and Marlene, the future seems limitless. And yes, Rozie has finally stopped eating rocks.
How did I get myself into this?

BY PATRICIA HAYES

LESSON 1
I've never been on a horse, unless you count a pony ride when I was two years old. Now I'm 37 and taking riding lessons with my friend Jan. What the hell was I thinking?

I'm in the Fox Meadow Farm horse barn at Smith's. It's just. I'm wearing boots, long pants and a hard hat. Luckily it's 100 degrees today. I'm nervous.

We walk into the ring to meet our horse. I thought I loved horses, but apparently I'm terrified of them. Are horses always this big? They've given us the biggest horse in the stable and he seems impatient. His name is Yankee and he looks like he wants to kick me. Our instructor, Lisa, shows us how to groom the horse. There are four different brushes. (Four brushes! I don't give myself much attention even on a good morning.) I brush Yankee and this seems to irritate him. We learn about the saddle and bridle. We don't have to sit on the horse today and I'm relieved.

The lesson ends.

Maybe next week we'll have a smaller, calmer horse. I ask Lisa if they here that typically gets really sleepy in the afternoon.

LESSON 2
Against my better judgment, I'm back in the barn. This is my childhood dream to own a horse and I can't quit. I try to control my nerves.

We report to Yankee's stall (no sleepy horses available I guess) and learn to "tack up," to put the saddle and bridle on the horse. I'm less nervous standing next to Yankee since Lisa has instructed me to stand and what to do when he bushes us with his head. We put the saddle on Yankee. The bridle is a nightmare. As per instruction, I find myself standing under Yankee's neck with both arms wrapped around his face holding a tangled mess of leather straps while trying to stick a piece of metal in his mouth. He doesn't cooperate and I have to have the bridle on him. Lisa says the trick is to pick one's thumb in the horse's mouth! (I want to get him to take the bit. It's not working. I've got my fingers so far down Yankee's throat I can feel his tonsils. Lisa laughs and lets us struggle until we succeed.

Thirty minutes later we walk Yankee out of his stall. Lisa teaches us how to safely lead a horse, and I'm amazed that I can do this. I notice how beautiful Yankee is, especially when he's cooperating. He gives me a look that says he knows I'm a novice.

We ride outside. It's time to climb on. Mounting and dismounting are tricky. Lisa demonstrates. She's fabulous! I try and barely get off the ground. It looks so easy in the movies. After a bit of effort (OK, a boost) I'm up. I'm finally sitting on a horse! I try to imprint this moment in my memory forever. Instead I look down and wish for a smaller horse. Lisa leads us around and I don't fall off. I have to remind myself to breathe. And then the dismount. It isn't pretty, but I've survived.

We go back to the stable. He looks impatient. His friends are already eating their hay while he's been enduring our lesson. In a nearby stall I see a 36-year-old mare named Easy. Now that's the horse for me. I ask Lisa about Easy. I really like Lisa. She's a great instructor.

LESSON 3
Lisa has reassigned. I try not to take this as a bad sign. Jan and I are assigned to Yankee again and we meet our new instructor, Meri. We approach Yankee's stall and see recognition flash across his face: ears back, eyes wide. We saddle him, as I attempt the bridle (on him, not me). Success on the first try! I'm stunned. Yankee is such a beautiful horse. I'm slightly less nervous.

We ride Yankee, Jan and I switching off. We learn the basics of walking and turning. It's like learning the manual to drive a manual transmission all over again. (Actually I never did learn that.) I'm concentrating so much on the reins and my fingers, hands, elbows, back, hips, legs, knees and ankles that I forget to be terrified. Yankee walks around the ring, interpreting our inadequate communication. I'm riding! And I might even be breathing.

LESSON 4
Jan and I have graduated! We each have our own zone and both are smaller than Yankee. We spend the lesson riding (walking) around the ring, trying to stay out of each other's way. I'm breathing regularly. We practice turning around orange cones. I really like my horse, Beauty. Occasionally she moves in the direction I expect her to. She walks very slowly and often prefers to stand in place. I wonder if she's sleepy. The lesson ends too quickly. I want to keep going. Maybe next week we'll ride Yankee.

---

Dogs and Their People

BY PATRICIA HAYES

"Lucas, Brewster and Kori"

You may have seen Joe Stoddart around campus, a mellow-minded member of the grounds department. But as soon as he dons a coat and tie and enters the ring, he becomes Joe Stoddart, handler of purebred champion Australian Shepherds.

Joe fell into this world by accident. About 10 years ago he and his wife, Mary Ann, had a cat. But when their cat died, they decided to look for a dog—a short-haired (had to be short-haired) female pet. That's when they met Lucas. Lucas at the time was a puppy, a male Australian Shepherd with a lovely blue and white swirled, long-haired, double coat. The local breeder sold him to Joe and Mary Ann as a pet quality dog. But soon young Lucas began maturing into a surprisingly stunning dog. The breeder called the Stoddarts and asked if they would consider showing him in the breed ring. After a few false starts (for example, Lucas and Joe were once so startled by a judge that Lucas melted into the floor while Joe was frozen to the spot), Joe and Lucas swept through the show ring, winning distinction in both ASCA and AKC championships.

Mary Ann and Joe are now devoted Aussie people. They now have two more long-haired blue merles: Brewster, an advanced obedience champion, and their newest pup, Kori. And they are both very involved in the Australian Shepherd Club of New England. So much for short-haired dogs in their lives.

So when a tall, barding fellow from the grounds department asks you to clean up after your dog, please don't call him a dog hater. Remember, you may be looking at Joe Stoddart, true blue dog lover extraordinare.

"Rosie"

Lisa, librarian Marlene Wong's is to love. She's crazy about Rosie, her big red Doberman Pinscher. Rosie's not just any "dieke", Marlene would say. She's a well-socialized, devoted companion who was originally destined for a very different life. She would have been a champion breed dog but for her Geena Davis overbite and a $200 vet bill to remove a rock she'd swallowed. Young Rosie, you see, was a rock eater, an expensive rock eater at that. So her breeder reluctantly searched for a home where she could live her life as a pet. This quirky flake of fox and an off-chance decision to visit a dog show in West Springfield sent Marlene and Rosie on a collision course that resulted in their mutual love. True love. The two have been together for a little over a year. You can often see them together on Main Street. Rosie's busy life includes agility training, obedience classes and Sunday trips to church in Easthampton where Marlene plays the organ. For Rosie and Marlene, the future seems limitless. And yes, Rosie has finally stopped eating rocks.
Ann Turomsha
Still Running Strong After Brush with Death  BY ERIC WELD

In July 1996, Ann Turomsha, a research associate in Advancement, was told by a doctor at Hartford Hospital to go home and get her affairs in order. She had only two to six weeks left to live. A brain tumor about the size of a quarter in diameter had grown "right in the middle of my brain," she says, and was too far along, in the doctor’s opinion, to operate. There was nothing he could do.

About a week earlier Turomsha had started getting intense, incapacitating headaches that would last five to 10 minutes. After seeing her local physician about the headaches, she was advised to undergo further testing in Hartford. When she received the doctor’s deadly diagnosis, things began to move very quickly, she said. By the end of the day, her diagnosis had improved slightly to terminal within two to four months. Turomsha faced certain death if nothing was done.

"I was scared of course," she says. "I thought I would die soon, from what this fellow said. He didn’t want to operate because the tumor was too far along. Conventional surgery would not have done anything."

Warily, she sought a second opinion, a move that would eventually mean the difference between living and dying. She went to see Dr. Peter Black, chief neurosurgeon at Harvard’s Brigham and Women’s Hospital. Black at the time was pioneering a new technique that attempted to neutralize brain tumors by targeting them with a laser and burning them down section by section. He had only performed the experimental operation twice before. On August 22, Turomsha became the third person to undergo the procedure. For five hours, she was put under anesthesia and a three-inch gap was cut into the top of her skull just left of center. Dr. Black then inserted an MRI scanner into her brain and proceeded to bum down the tumor with his precision laser to about half its original size. What remains in Turomsha’s brain today, and what may remain there for the rest of her life, is a dime-sized chunk of inactive, and for now, benign tissue.

“This guy, Dr. Black, saved my life, I’m sure," says Turomsha. "If this had happened to me five or six years ago, I’d be dead" because the procedure was not available then. Since that time, Black has performed the operation more than 200 times.

With her experience, Turomsha, whose parents both died of cancer and whose predecessor at Smith, Carol Tesiero, died of a brain tumor, advises tumor and cancer patients to “definitely get a second opinion. And don’t give in because there’s always a chance. There’s so much doctors don’t know.”

A Word from Beverly Ames

A note of thanks to the Smith College community:

I want to take this time to thank all of you who took the time to offer your support to me and my family at the time of my husband, Bill Ames’, passing.

I had no idea that there were so many, many people whose lives were touched by Bill’s presence at Smith College. Thank you so much for sharing your personal memories of him with me. The generosity of everyone at Smith was overwhelming and will never be forgotten. All of your prayers were what held me up on the saddest day of my life.

With sincere thanks,
Beverly Ames
Long-time Staff Members Will Be Missed

During the past few months, the Smith community has grieved the loss of Marie L’Heureux and Bill Ames, two valuable members of the staff whose presence will be sorely missed. While their roles on campus were very different, the health struggles both faced were strikingly similar as was their attitude toward the battle they waged against that which ultimately took them from us.

An 18-year employee, Marie L’Heureux worked in the Graduate Office. She genuinely enjoyed her work, reflecting her enjoyment in everything she did. Perhaps most noteworthy is the way she conducted her professional life in recent years. Marie’s cancer reoccurred four years ago after having been originally detected and treated in 1985. The seriousness of the recurrence was immediately evident to her but she requested the opportunity to work and be regarded as she had always been. Her co-workers tried to oblige and she in turn carried on in the same caring and efficient manner that had always characterized her work. She was so successful, in fact, that virtually no students and only a few of her colleagues were ever aware of the life-and-death battle she was quietly and valiantly waging. Marie’s courage was inspirational. We all face adversity at some point in our lives. But Bill Ames, a 22-year employee of the Physical Plant Grounds crew, never stopped courageously fighting his silent enemy. Throughout his seven-year battle with lymphoma, Bill was seldom discouraged by a bad test result. Rather, he would bounce back even more determined, all the time with an optimism that most of us could not have sustained. His condition seemed almost miraculous as it went about his daily tasks, always taking time to meet colleagues with a warm smile and upbeat manner, never forgetting to make his daily call home to his wife and grandchildren. Affectionately known by children at Fort Hill as “Tractor Bill,” he made

The operation wasn’t the end of Turomanha’s nightmare. She followed up that procedure with 33 radiation treatments during the next year and chemotherapy after that. In the winter after the operation she contracted pneumonia, a not uncommon malady following such treatment, and was again in fear for her life. And there have been strange aftereffects as a result of her illness. She experienced bouts of memory loss that were corrected with therapy. She has lost feeling in two toes on her right foot. And, perhaps less critically, “my handwriting has gone from bad to atrocious,” she says.

Even considering the benefit of Dr. Black’s futuristic surgical procedure, Turomanha has beaten the odds, her doctors say. Most people with a tumor the same size and position in their brain as hers would not have survived, she’s been told. “The doctors in Boston call me their ‘miracle girl,’” she says, because of her refusal to succumb to the tumor.

Two things have helped Turomanha, her doctors say, in her bid to overcome her monstrous invasion: her prior physical condition and her attitude. Turomanha, who has always enjoyed jogging for exercise and several team sports, returned to her jogging as soon as she could. To help with her mental recovery, she meets with a local cancer support group twice a month. And for fun, she sings in the Commonwealth Opera.

Turomanha’s recovery isn’t completely in the bag, she says. She continues to travel to Boston twice a year to make sure her tumor remains benign. “I’ll probably always go for checkups,” she says, though she hopes they’ll become less frequent in the future. And while for now the tissue remaining in her brain is dormant, she lives with the knowledge that someday without warning her headaches could start up again, that inactive tissue could again threaten her life.

So she doesn’t take life for granted. Ironically, Turomanha says her outlook on life has improved as a result of her brush with death. “I definitely changed the way I look at everything,” she says. “I really don’t worry about the little stuff. I pass 1 look at the bigger picture now. I notice things I never would have noticed before. Flowers, birds, trees, the little things. Every morning when I wake up, I’m thankful to be here.”

exercise a routine part of my life,” she says. “It’s become a learned habit.” That’s the objective behind the wellness programs, says Charlotte Cores, the college’s work-life coordinator who directs the HR programs to make good health a habitual part of employees’ lives. “Exercise is more than just going to the gym,” she says. “It’s more than just picking up weights. Our program goal is to help employees find activity that they enjoy and will incorporate into their lives. These programs educate people on all aspects of remaining healthy.”

Many of these programs and facilities are the result of the college’s 2010 Self-Study conducted in 1996. Part of that study concluded that employees want access to good health. Employees want to be in shape.

That’s good news for the college, says Leslie Power, benefits manager in Human Resources. “A healthier lifestyle will promote a healthier employee,” she explains, “and that creates a more productive work spirit here.” Power emphasizes there are many facets to good health: sol
dense routine, nutritious diet, thorough knowledge of your body’s needs, ample rest. But among all the aspects of good health, the most important, Power says, is a healthy outlook. “The ultimate objective is to engender positive attitude. The number one contributor to life longevity is happiness.”

The college subsidizes 25 percent of the cost of all its wellness programs. To enroll in one, contact Charlene Coree at extension 2297 or ESS, extension 3726.
What's Up with Staff Council?

Have you ever wondered what exactly Staff Council members work on when they go off to all those meetings? Are they really exploring pertinent staff issues or are they just meeting for lunch and exchanging the latest campus gossip? Perhaps you're wondering what the work of Staff Council and its committees means to you personally. Here's a new feature we're adding to The Chronicle that will bring you up to date on all the activities and concerns the various Staff Council subcommittees are working on.

Activities

The Activities Committee coordinates many trips each year, including two this year to New York City: A Day On Your Own in April and a visit to the Statue of Liberty and Ellis Island Immigration Museum in June, which was their most popular trip ever with 120 participants.

The committee was also responsible for the entertainment portion of the annual faculty/staff picnic. This year's line-up consisted of deejay Ali Glaicel; Peppermint Patty and Posey the Clown, who provided walk-around entertainment and balloon sculptures; two face painters; a rail painter; a baseball pitch sports arena and two bounce houses. Beach balls, beanbag animals and other toys were distributed to the first 40 children and $121.49 was donated at the Hospice of Hampshire County/VNA Alliance table. The committee is anxious to know what you thought of the revised line-up. Please pass along your comments to Cindy Rucci at cnucci@library.smith.edu or phone her at extension 2923.

On August 12, the Taste of Northampton food festival will kick off with volunteers recruited by the Activities Committee working in the "Taste" office and arcade. Participants receive a Taste T-shirt, a $5 bag of tokens redeemable for food, and are invited to attend the "Taste of the Taste" orientation picnic at the Inn at Northampton.

Program selection committee members were Kathy Bates, RADS Local 211; Lisa Parent, RADS Local 211; Cynthia Burton, administrative assistant; Maria Vallejo, administrative assistant; Mary Philpot, administrator; Ruth van Erp, administrator; and Gaynelle Weiss, administrative assistant. The committee nominated 20 people for the award, and the winners were announced at the Faculty/Staff Picnic in June.

And the winners are...

The results are in and 15 Smith employees have been officially recognized—and compensated—for doing stellar work in the areas of service, teamwork or community relations. The Employee Excellence Award winners were announced at the Faculty/Staff Picnic in June. In its pilot year, the program received 91 nominations for people in departments across campus by their workmates and associates.

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
<th>Type of Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liz Anderson</td>
<td>Student Affairs</td>
<td>Service</td>
</tr>
<tr>
<td>Alan Bloomgarden</td>
<td>RADS</td>
<td>Community Relations</td>
</tr>
<tr>
<td>Sylvia Crafts</td>
<td>Physical Plant</td>
<td>Service</td>
</tr>
<tr>
<td>Charlie Conant</td>
<td>Advancement</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Diane Garvey</td>
<td>Health Services</td>
<td>Service</td>
</tr>
<tr>
<td>Janet Gracia</td>
<td>Humanitiea</td>
<td>Service</td>
</tr>
<tr>
<td>Donna Glanz</td>
<td>Jacobson Center</td>
<td>Service</td>
</tr>
<tr>
<td>Sarah Lazare</td>
<td>EAL</td>
<td>Service/Diversity/Community</td>
</tr>
<tr>
<td>Felicia Leveille</td>
<td>Libraries</td>
<td>Service</td>
</tr>
<tr>
<td>Eric Loehr</td>
<td>RADS</td>
<td>Service</td>
</tr>
<tr>
<td>Olga Pires</td>
<td>Financial Aid</td>
<td>Service</td>
</tr>
<tr>
<td>Valerie Schumacher</td>
<td>Theatre</td>
<td>Service</td>
</tr>
<tr>
<td>Rita Singer</td>
<td>Libraries</td>
<td>Service</td>
</tr>
<tr>
<td>Naomi Sturtevant</td>
<td>Science Center</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Julie van Doren</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Below is a list of this year's Employee Excellence Award winners. Congratulations to all our employees. Keep up the good work.

Thanks for the (Picnic) Memories

The Chronicle would like to express the thanks of the entire staff to all of the folks who made the annual picnic on June 15th such a special event this year. Hard work by the staff of Physical Plant, RADS, Staff Council Activities Committee and the many volunteers made this one of the most successful picnics in our memory with more than 1500 staff, faculty and families in attendance. The weather couldn't have been nicer. And this year's entertainment, including deejay Ali Glaicel; Peppermint Patty and Posey the Clown, who provided walk-around entertainment and balloon sculptures, face painters, a nail painter, a baseball pitch sports arena and two bounce houses made for a fun, carnival-like experience for everyone. Beach balls, beanbag animals and other toys were distributed to the first 400 children and $121.49 was donated at the Hospice of Hampshire County/VNA Alliance table. A giant thanks to all who were so much a part of this wonderful event for the community!
Dear Readers...

Taking Up The Chronicle Reins

So dedicated and able was Dick Fish as editor of The Council Chronicle, it takes two of us to replace him. And as we embarked on the production of this first issue with us at the publication’s helm this summer, it has become increasingly evident that we will never replace Dick. Because he deserves credit for having brought this publication to the level of informational engagement and entertainment it’s at today. As its new editors, we’ll attempt to continue its production as seamlessly and unnoticeably as possible.

Okay, so we’ve changed the color of the paper we print on and tweaked the masthead a little. But the content of the Chronicle will remain largely the same. With this and every issue, you’ll continue to read lively, interesting and detailed features and profiles about Smith’s varied staff and life on campus. You’ll learn historic and little-known facts about the campus and the Smith community. Whenever possible, you’ll receive in these pages essential pieces of information that can enhance and simplify your life at work. And you’ll always get a regular update of the many ways Staff Council and its sub-committees are advocating and brainstorming on your behalf.

We at The Council Chronicle view the Smith College staff as a highly effective, mutually dependent team of essential contributors to the institution’s well-being. Each of us on staff is a necessary part of the high-quality education received by students who visit here. We would like the Chronicle to be the voice of that team and we always encourage articles and ideas for stories from its members. Welcome to the same old Chronicle...but with two editors instead of one. For your unsung contribution during four years at the helm, thank you, Dick Fish. — Eric Weid, Amy Holich, editors, The Council Chronicle

By the way...

We didn’t plan it this way but observant readers may notice a theme running through this Chronicle edition. With our cover feature on maintaining good health, a profile of Ann Turovshita’s tumor-defying brush with death and a memorial to two invaluable Smith employees who have passed on, we might call this our “health and life” issue. If it works for you, it works for us. — Eric Weid

Coming this fall: A bus trip to Salem, Massachusetts (including haunted houses!) in October; an additional “Day On Your Own” trip to New York City in November or December; and staff cooking demonstrations during Interterm.

Communications

The Communications Committee has been hard at work on a proposal for a Five College Discount Program modeled on Harvard University’s Outings and Inings discount program, which offers discounts to Harvard employees on everything from theater tickets to car service. The committee has developed a business plan that Lianne Sullivan-Crowley, will present to the Five College Human Resources Directors for implementation. In the meantime, the committee has also developed a list of existing discounts for Smith College employees including some at Serve-U, the Calvin Theater, LaSalle’s Florist, Enterprise Rent-a-car, Foster Farrar, Bell Atlantic Cell Phone, Cellular One, Costco Wholesale Club, and Napa Auto Parts. If you are aware of any other merchants that offer discounts to Smith or Five College employees, please notify committee members.

After researching the development of an online community bulletin board for employees’ classified ads, the committee determined that members of the Smith community can use the existing Five College for sale newsgroup. Instructions for logging on to this service can be obtained from committee members or from ITS.

Personnel Policy

The Personnel Policy Committee has been meeting regularly with Lianne Sullivan-Crowley, Director of Human Resources, and Gaynelle Weiss, Associate Director of HR. The committee has had a very productive year and through the ongoing dialogue with HR has been involved in discussions regarding flexibility in the workplace, revision of the performance evaluation process, staff handbook review and policy revisions, the content of appointment letters and how they are distributed and the Employee Excellence Program. Committee members welcome these opportunities to participate as HR develops new initiatives.

Some concerns that HR reviews annually, such as the need for fuller and more direct communication with staff about salary increases, will require further dialogue in the upcoming year. The committee has also requested of HR that there be some standardization in staff salary letters (as was done in the past) so that everyone can receive the same basic information. In a standardized salary letter, staff members who are not full-time, 12-month employees, for example, would be informed of their start and end dates for the year.

Another issue of ongoing concern is communication with staff about the performance evaluation process. Another issue of ongoing concern is communication with staff about the personnel evaluation process. HR is forming a task force to review the process. We hope that future years will see more direct communication with staff regarding this important subject.

Responsiveness to staff issues of equity, respect and morale as well as improved communications continue to be of great importance to staff and the goal of the Personnel Policy Committee will be to continue with the dialogue that has already been established.

Check this space in future issues of The Chronicle to keep updated on the many ways Staff Council and its committees are working to enhance and simplify your life at work.

— Amy Holich with committee chairs
The Council Chronicle

Smith College wants you to be in shape physically and mentally. Because when you’re in good health, you’re a happier, more productive Smith employee, more likely to contribute effectively to a positive work environment and less likely to miss work because of illness or other reasons.

That’s why the college offers two wellness programs, Heart to Heart and Weight Watchers at Work, that are meant to engender healthy life habits in their participants, habits that enable Smith employees to maintain good health for the rest of their years.

Heart to Heart, offered jointly through the Human Resources Benefits office and Exercise and plan, behavior modification and group support to bring about an all-around healthy lifestyle.

But opportunities for fitness and health at Smith don’t end there. A fully equipped gym with free weights and a roomful of weight machines, treadmills and bicycles is open in Ainsworth Gym to all employees and students well beyond business hours. If the gym is too far from your office, you can catch some exercise at one of several "satellite" fitness centers scattered about campus. For a more structured approach, you can enroll in one of several noontime classes offered by ISS such as yoga, aerobics and aqua aerobics. You can join the Century Club that challenges its members to walk 100 miles during the course of a semester. And you can swim laps, run around a track, lob tennis balls over the net and walk up stairmills to your heart’s delight.

When associate director of the Physical Plant Robert Leslie, an avid bicyclist, wanted to gain more knowledge about fitness and nutrition and affirm his own exercise routine, he signed up for a session of Heart to Heart. "It was a good opportunity to get information," he said. "It made me feel more comfortable with what I had been doing. You can be at any level of fitness and get a lot out of it."

When Chris Carr, an assistant in Advancement, wanted to establish a regular exercise regime in her life, she enrolled in Weight Watchers at Work. Carr, who has also taken classes in yoga, aerobics and aqua aerobics and has twice joined the Century Club, says these programs have collectively helped her become aware of the benefit of everyday exercise. "What I’ve noticed is by joining these programs, it’s made

Have a Heart: Take Care of Your Health

BY ERIC WELD

Sport Studies (ESS), is an eight-week program that has two interactive components: personal training, in which participants work one-on-one with an experienced exercise trainer, and class sessions, in which all participants learn together about various health issues such as nutrition, stress reduction, exercise and good eating habits. Weight Watchers at Work, or "WWW," is a 13-week series offered through the benefits office that combines emphasis on good nutrition, an exercise

continued on page 9