Health is such an all-important issue—and that is why this issue is focusing on your health! At a time when the obesity rate in this country is at an all-time high, and heart disease (the #1 killer of both men and women) is again on the rise, it is important to look at how poor diet, heaps of stress, lack of sleep, and insufficient exercise all impact not only one’s daily energy levels, but also one’s overall well-being and longevity. All of this was reason enough for Staff Council to dedicate this year’s Spring Forum to the issue of Wellness. In conjunction with Human Resources and Harvard-Pilgrim, Staff Council will be holding their Wellness Forum on Thursday, April 17, at the Campus Center Carroll Room. Expect to see many health and fitness representatives, as well as fitness demonstrations, informative handouts, free on-the-spot health tests, and lots more. Whatever your area of interest, wellness representatives will be on hand to help you start making healthy choices for a healthier you. We hope you “see fit” to join us! ♦

— the Editor

To Your Health!
found that 74% of high school girls said that they often feel stressed. One third-grader in the study said, "It is hard to live up to what everyone wants for us.”

What to do if we want to start living well or at least living better? The title of Jon Kabat-Zinn’s classic book about mindfulness suggests where to start: Wherever You Go, There You Are.

Wellness starts not with a diet nor a fitness instructor nor a trip around the world. Wellness starts with an intention: with thinking differently about what you want for you. Wellness is not a destination but a process of becoming aware of your habits, choices, and goals and how they contribute or detract from your overall health.

Smith’s own Barbara Brehm-Curtis, professor of exercise and

continued on page 9
Healthy Choices: A Step in the Right Direction

RICK RUBIN
Chair, Staff Council

One of my primary interests is doing my best to live a healthy lifestyle. I do this by “trying” to eat right and exercise regularly. When I first started working at Smith almost 20 years ago, I was 20 pounds heavier and smoked a pack of cigarettes a day. But as soon as I started working here, I realized that Smith would be the right place to work toward erasing some of my bad habits.

The late 80s started to bring students with more diverse backgrounds to the college, and those were the years, of course, when Dining Services first started to see more and more vegetarian students. While the general population outside of Smith seemed to have no clue as to what was happening, Smith was on the cusp of a new trend of “healthier attitudes.”

Throughout the years, many programs and classes have been offered to Smith staff, including The Century Club, Weight Watchers, smoking cessation classes, and nutrition classes.

These days, the college seems to be stepping even further into area of living healthy. There is a wealth of offerings for those who have an interest in becoming healthier.

“...as a fellow human being, I would encourage those of you who have been thinking about taking that first step into the world of healthy living to do so now.”

To me, our greatest asset is the Olin Fitness Center located in Ainsworth Gymnasium. It is a beautiful center with the most modern of equipment. Imagine being able to ride a stationary bike or run on a treadmill—and have your own personal TV! The center also offers a wide range of programs, with everything from yoga to “ab” classes. As employees, we also have access to personal trainers. And the best part is that use of the center is free for employees and their family members.

A recent statistic from HR shows that the average age of Smith employees is 47 years. This leads me to believe that I am probably not the only one thinking about a longer and healthier life. As chair of Staff Council, and as a fellow human being, I would encourage those of you who have been thinking about taking that first step into the world of healthy living to do so now. Many of the resources you need are right here where we work.

One of the ways you can start is by attending the Staff Council Wellness Forum which takes place on Thursday, April 17, from 11:30 a.m. to 2:30 p.m., in the Campus Center Carroll Room. There will be more than 20 booths ranging in focus from skin-cancer testing to outdoor fitness to healthy eating.

Let’s use this day as an intro to the world of healthier living!
Staff Council Updates

Subcommittee Reports

COMMUNICATIONS Committee
The Communications Committee continues to seek ways to foster campus-wide communication, which helps to include all staff members and strengthen our sense of community. As of this writing, we are working hard to prepare this, the April 2008 issue of the Staff Council Chronicle. We chose to focus on wellness in conjunction with the Staff Council’s Wellness Forum, scheduled for April 17 at the Campus Center. The committee has also been charged with creating a survey form for all Staff Council members to help identify and acknowledge areas where the Council has made an impact and where we can make improvements for next year. The committee also is looking for ways to work with current technologies to make sure that we are enhancing—rather than limiting—our avenues of communication.

– Sam Rush, chair
srush@smith.edu

NOMINATIONS & ELECTIONS Committee
March and April are a busy time for the Nominations Committee. Each year, in March, the committee prepares for the election of 13–14 Staff Council members. As there are currently four members coming to the end of their second two-year term with Staff Council, the committee asks all staff to nominate either themselves or others for these Staff Council positions. At this time, the committee also confirms if members finishing their first term would like to be included in nominations for a second term. By the end of March, a ballot is completed and sent out to all staff. Elections occur in April in preparation for our meeting in May, which will include both new and currently-serving Staff Council members. I would like to encourage staff to be involved with Staff Council committees and activities, and to attend our monthly meetings.

– Sandy Bycenski, vice chair
sbycensk@smith.edu

STEERING Committee
The Steering Committee is responsible for meeting to discuss issues and concerns brought forward by individual staff members. We also ensure that these issues are brought to and discussed with administrators and committees. Information is gathered from various segments of the college community for discussion at Staff Council meetings. This year’s Steering Committee has worked to bring forward several projects that have come directly from staff suggestions, including wellness, transgender issues, and staff activities.

– Rick Rubin, chair
rrubin@smith.edu

ACTIVITIES Committee
The Activities Committee has lots planned: we will be sponsoring our next pub night at the Campus Center very soon, on April 10. Also, our next NYC bus trip will be coming up on Saturday, April 26. On Friday, May 16, from 5-9 a.m., there will be another early morning birdwatching event on the dock of the boathouse by Paradise Pond. Last but not least, our fifth annual outdoor movie event is scheduled for Friday, July 25, on Burton Lawn—more information to come.

– Linda LaFlam
llaflam@smith.edu
PERSONNEL POLICY Committee (PPC)
During this past year, the PPC dealt with several questions submitted to us, which we then brought to HR Director Larry Hunt for discussion in our bimonthly meetings. In addition to sick time, short-term disability, and sick bank questions, we also talked about retirement benefits and the depositing of retirement funds into owner accounts. We also discussed the inevitable parking situation and weather-related cancellations and delays. Another valuable area of discussion concerned training opportunities: what kind of topics to provide and how best to offer them. We clarified various rules of employment, and discussed if they were still valid. We feel we are developing a fruitful relationship with Larry Hunt and look forward to working with him in the coming year.
— Jinny Mason
jmason@smith.edu

DIVERSITY Committee
After last semester’s successful Trans Awareness programming, the Diversity Committee met to plan a focus for the Spring semester. We chose to reflect on topics that affect our fellow Staff members, and the issue that was most salient was that of class and class dynamics. During the Staff Council conversation around parking sticker prices and eligibility for the “Opt-Out Program,” we realized that class issues are affecting all of us in a very real and tangible way. With that in mind, this semester we will be providing educational resources and materials that will help all of us better understand how we are affected by class at Smith, and more importantly, use those resources to empower ourselves toward change. We look forward to your participation and input!
— Jen Matos
jmatos@smith.edu

– STAFF COUNCIL –
MEMBER IN FOCUS

Jinny Mason

Time at Smith: 28 years.
Currently in: Neilson Library.
Family: Husband, Alan McArdle; 3 Daughters: Soren ’96, a crafts-person; Casey ’98, a special-needs teacher; and Devon, who is now applying to graduate school.
Favorite food: That is hard. I go from spicy food for excitement to bland English food for comfort.
Favorite place to vacation: Various Morris dancing events such as The Banbury Cross Hobby Horse Festival, in Banbury, England, The London Morris Ale, in London, Ontario, or the Cherry Blossom Festival in Washington, D.C.
Favorite book: I usually read more than one at a time. To keep me awake: Manhunt: The 12-Day Chase for Lincoln’s Killer. To send me to sleep: Death on the Lizard, a murder mystery.
Favorite part of my job: I like it best when interacting with various staff on campus. They are smart, helpful, and often funny at the same time, and they always teach me things.
What I like about Staff Council: I really like being on Staff Council because I get to meet people in various positions across campus that I might not know otherwise, and also because I get the pulse of what is happening on campus, and — to some extent — I get to help things happen for the staff.

STAFF COUNCIL Online

WHO CAN IT BE NOW?

Staff Council election results are coming!

Please check our Web site in April for the results:
www.smith.edu/staffcouncil

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THE CHRONICLE

APRIL 2008
First Martin Luther King Jr. “Day of Service” Gives Smith Staffers a Chance to Give to Others

SANDY BYCENSKI
Staff Council

On January 21 of this year, we held our first Martin Luther King Jr. Day of Service. At the beginning of the day, staff and students arrived at the Mwangi Center to get registered and receive T-shirts. President Christ then officiated, giving words of encouragement to the assembled volunteers. After the participants were provided with breakfast and bag lunches, they were transported to their assigned volunteer project.

The following agencies were involved in MLK Day: Working Friends of the Homeless, The Literacy Project, Calvin Coolidge Nursing Center, All Out Adventure, Prison Book Project, Safe Passage, and the American Friends Service Committee.

Clothes were also collected for President Christ’s clothing drive. About 12 students from the Smith Campus School’s 6th grade class helped sort the donations, organize them by type of clothing, and bag them for pickup. Roughly 30 bags were filled and donated to Goodwill Industries in Springfield.

Many thanks to Venus Ricks, acting director of multicultural affairs, who conceived the idea and coordinated the day!

COMMENTS FROM VOLUNTEERS

Calvin Coolidge Nursing Center: “We helped decorate for Valentine’s Day, and had residents help us when they could. After my time spent on Monday, it motivates me to do some type of volunteering for this year. I would be willing to do this MLK Day of Service next year, too.”

“I really enjoyed spending MLK day doing something worthwhile for the community. Using our time off to help those at the Calvin Coolidge Nursing and Rehabilitation Center was very rewarding and seemed appreciated by both the staff and the residents of the nursing home.”

The Literacy Project: “It was wonderful to help out our neighbors in the community. We were met with such gratitude and appreciation. Martin Luther King Jr. had the right idea – be present and care, and the world will be a better place.”

Clothing Drive: “It was a lot of fun working with the kids on the clothing drive. They made short work of sorting through the clothing and rebagging it. ♦
In January, Karen Axelrod of Northampton was terrified when she fell through the ice on Paradise Pond into deep, frigid water while chasing a dog. To her fortune, she was quickly helped out of the icy pond by José Cartagena and Kristen Nickl, members of physical plant, who happened to be nearby.

Axelrod recently wrote this letter to the college in thanks for Cartagena's and Nickl's heroic deed:

“I’m writing because I think that your two Smith employees, Kristen Nickl and José Cartagena, deserve (along with my gratitude and thanks) a ton of praise, a few days off, and a million-dollar raise. OK, I know the raise probably can’t happen. But really, I feel like Kristen and José played a big part in saving my life.

“Last Tuesday [Jan. 15], I ended up in Paradise Pond, in water over my head, hanging onto ice after I attempted to rescue a dog. Perhaps a very dumb move on my part. It was reported that the water was waist-deep. It wasn’t. It was over my head, and I was absolutely terrified. But Kristen and José heard my cries for help, came quickly and helped rescue me. I have personally thanked them. But, I also want Smith College to know the important role they played in helping me.

“I suspect the City of Northampton and Smith College might not be celebrating Saint Kristen and Saint José day. But, every January 15th, I will be.

“Please be good to these wonderful employees of yours. I feel like I owe them my life.

“Thanks,
Karen Axelrod”
Good For You!

Lessons Learned in a Class on Class

KEN MOLNAR
Events Management

I didn’t know what to expect. About ten of us were gathered in the Neilson Browsing Room for the HR-sponsored workshop, “Exploring Classism in the Workplace.” Three hours later I left, a slightly different person.

There was a wide variety of stories and perspectives in the room that day, but on one point we were all in clear agreement: Class is a huge issue. Our facilitator—the very engaging Felice Yeskel of Class Action, a non-profit based in Amherst—was wise enough to tell us early on that the three hours would fly by, and that this workshop was just a beginning. She was right.

What I came away with from the workshop was this: none of us is responsible for the position we inherited coming into this life. Furthermore, every class level has its own benefits—and drawbacks. Everyone has needs, everyone wants to be treated with respect, and no one wants to be judged for a past they did not choose.

It wasn’t always easy or comfortable, but this workshop was a morning well-spent. At the very least, it pointed us toward the start of the path across a seemingly unbridgeable chasm, a chasm that the “class issue” creates. Smith, like the world, is a mix of people from every class—so that makes it an ideal place to practice these very simple but important rules: treat others as you would like to be treated, and try a little every day to think about what life is like in another’s shoes, be they Payless or Prada.
sports studies and director of the ESS fitness program for faculty and staff, says wellness is about having enough energy for the things you want to do in your life. Living well certainly includes attention to eating nutritious food, daily physical activity, and regular health care. But it also includes thinking about your life’s assets, not just its deficits. It involves taking stock of what’s right with your life—what gives you pleasure and energy. Living well might mean inserting a sense of playfulness and creativity in your work; nourishing relationships with others; cultivating a sense of gratitude and appreciation for what you have; or developing spiritual practices such as meditation, prayer, or baking bread.

We often think about wellness in terms of breaking bad habits, but it might mean moving something good aside to add something better. Old habits are like old paint. We don’t notice how stale the living room looks until we paint the hallway. One positive change can help you see your life in a new light.

Adding positive changes can also help us see our work environment in a new light. The Staff Council’s focus on wellness invites us to reflect not only on our personal choices but on the Smith culture and environment. What aspects of the Smith organizational culture support employee well-being, and what things might we change? What makes Smith a good place to work? What resources could we use more effectively? Staff Council is bringing forth the intention—like painting the hallway. In the process of looking at our assets and options, we have the opportunity to consider what needs some updating at Smith, and how we can make a good place to work even better.

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WALTERS, continued from 2

Smith Offers Great Opportunities to Stay in Great Shape!

**WHAT IS “GET FIT SMITH”?!**

The Get Fit Smith (GFS) program is open to the entire Smith community on a drop-in, first-come/first-served basis. With fun and relaxation in mind, they offer workshops in yoga, Pilates, “awesome abs,” strength/conditioning training, personal training, and aerobics.

- No experience is necessary
- All classes are “first-come, first-served”
- Yoga mats can be borrowed

www.smith.edu/athletics/getfit

Council’s focus on wellness invites us to reflect not only on our personal choices but on the Smith culture and environment. What aspects of the Smith organizational culture support employee well-being, and what things might we change? What makes Smith a good place to work? What resources could we use more effectively? Staff Council is bringing forth the intention—like painting the hallway. In the process of looking at our assets and options, we have the opportunity to consider what needs some updating at Smith, and how we can make a good place to work even better.
Smith College Does Its Part to Help “Focus the Nation”

JOANNE A. BENKLEY
Program Coordinator, Environmental Science & Policy

Back in Fall 2006, the Environmental Science and Policy Program hosted a lunchtime lecture by Eban Goodstein, professor of economics at Lewis and Clark University, entitled, “Seen Inconvenient Truth? Now What?” Goodstein’s talk at Smith was one of the first of many given at campuses around the country to raise interest in a national initiative called Focus the Nation, a national teach-in designed to engage people all across America on January 31, 2008, in a conversation about how the U.S. can best address the very real problem of global warming.

In the brief year since Goodstein’s talk, it seems many more people understand that climate change will likely be the defining issue of their lifetime. For the first time, ordinary citizens “get it”: that the actions they take, or do not take, will directly affect the future of all life on the planet. It was this sense of urgency that inspired a group of faculty, staff, and students to work together during the Fall 2007 semester to organize Smith’s Focus the Nation—a day of events designed to engage as many members of the Smith community as possible in the discussion of global warming solutions.

Success! On January 31, 2008, more than 1,900 colleges, universities, schools, faith organizations, civic groups, and others held events as part of the Focus the Nation campaign. By conservative estimates, more than a million people joined in this civil engagement, holding conversations about real solutions and their possible consequences. Included were politicians (at all levels of local, state and national government), scientists, college presidents; students; and citizens. Here at Smith, the day started with a keynote presentation on climate change and human conflict by Michael Klare, Five College Professor of Peace and World Security Studies. Klare’s talk was followed by two series of concurrent breakout sessions, in which hundreds of campus and Northampton community members attended workshops led by faculty, staff, community organizers, and students. Participants engaged in constructive discussion about a variety of topics relating to global warming solutions, ranging from how race and class relate to a sustainable future to the psychol-
ogy behind activism, to climate change on the U.S./Mexico border. These topics allowed participants to step beyond the basic facts about greenhouse gas emissions and contemplate the innumerable ties between climate change and our society.

Other events throughout the day were designed to engage community members in the conversation about global warming solutions in other ways. These included a bike-to-battery setup in front of the Campus Center where passers-by could listen to music and drink fresh apple juice made by machines pedal-powered by students from the Bike Kitchen; a fun game of “The Climate in Jeopardy” between teams of administrators, faculty, staff, and students; a voter registration table, complete with fact sheets on presidential candidate platforms on global warming; and a reading of part of the original play “Winter Requiem,” written by Rachel Lerner-Ley ’08.

The sunny, energy-filled day culminated with a legislative roundtable where the ideas and policy solutions compiled during the day’s sessions were presented to those most able to act upon them. The panel was moderated by Smith Provost Susan Bourque, and included Smith College President Carol T. Christ, David Dionne (Green Rainbow Party), Northampton Mayor Mary Clare Higgins, Isaac Mass (Republican State Committee), and Senator Stanley Rosenberg (D-Amherst).

Smith’s Focus the Nation events would never have come together if it were not for the dedication of a team of faculty, staff, and student organizers who made time to get the work done. In particular, we thank faculty members James Lowenthal and Nat Fortune; staff members Joanne Benkley, Ann Finley, Steve Campbell, and Carole Fuller; and student members Alana Miller, Annie Alquist, Rouwenna Lamm, and Caroline Henderson. We also thank President Carol Christ for her leadership in supporting this important event. Many other campus members contributed their time, ideas, energy, and expertise, for which we are grateful. You know who you are—thank you! ♦

During Interterm in January, Todd Holland (Physical Plant) and Nat Fortune (Physics) taught a course entitled, “Infrared Thermography and Energy Efficiency,” which introduced the basic theory of infrared thermography and its applications. They concentrated on imaging Smith College buildings and systems in a winter environment. Some of the images are currently viewable in an online exhibit. See which buildings are energy efficient and which may need improvement! Take a look at the fascinating images at www.smith.edu/staffcouncil.

SEEING (INFRA)RED: Imaging John M. Greene Hall.
Smile, You’re on Campus Camera!

“HOOP”ING IT UP—Trish Jackson and Lou Ann Krawczynski, enjoying their time at this winter’s Holiday Hoopla.

GIVE A LITTLE BIT—Elizabeth Mongrello ’09 (on left) and Sara Punsky (Campus Center) volunteer their time at the Calvin Coolidge Nursing Center during the MLK “Day of Service.”

FRESHLY SQUEEZED—Gary Hartwell (Facilities) tries out apple juice made solely with pedal power at Focus the Nation.

HEADED FOR BROADWAY—Kelly Richey (Central Services), out on the town with Lyndsey Raucher & Taylor Raucher (nieces of Maureen Raucher, Chapel), during the last staff bus trip to NYC.
ARTISTIC VISIONS—Karen LeHouiller (ITS) checks out the work of Jan Morris (Student Affairs) at the Holiday Hoopla.

(UN)USUAL SUSPECTS—Elves and reindeer mingle at the Holiday Hoopla. In the lineup: Patrick Diggins (Dining), Sid Dalby (Admission), Stephanie Jacobson-Landon (Advancement), Leigh Buckhout (Physical Plant), and Julie Ohotnicky (Student Affairs).

IN THE “FORUM” OF A QUESTION—The staff team for the “Focus the Nation” Jeopardy game, working toward a solution. From left to right: Linda Hiesiger (Purchasing), Laurie Petrie (Central Services), Sam Rush (Theatre), Anne Finley (Dining), and Elaine Chitteneden (Botanic Garden).

GIVE ME A “TEE”—Ashavan Doyon (Student Affairs) and Sandy Bycenski (ITS) model their MLK “Day of Service” T-shirts, along with Jocelyn Thomas ’08 (center).
The Smith College Athletics Department will sponsor the Fall Fit 5K and 1.5 mile Fun Run/Walk on Sunday, September 21, at 1 p.m., with the proceeds going to the Northampton Education Foundation and Smith Athletics. The Athletics department has been involved in a yearly community service project and this year has taken on the challenge of promoting fitness and wellness in the Smith and Northampton communities.

The department looks to raise awareness of health and fitness issues, and challenges the Smith community to “Get Fit Smith!” You may register as an individual or as a team with a minimum of seven members. Friendly competition among teams will be encouraged, with prizes for best uniform, best team, best name, best results, etc. The 5K will begin and end on the Smith campus with a loop through some of the neighboring Northampton city streets while the 1.5 mile Fun Run/Walk will be located entirely on the Smith campus. At the conclusion of the race, a Health Fair open to the public will take place in the Indoor Track & Tennis Facility with various stations for children (face painting, crafts, fitness challenges) and adults (massage, blood pressure, fitness challenges), among others.

For more information, visit the Web site at www.smith.edu/athletics/fit5k, or stop by Ainsworth Gym to pick up registration materials after May 1. A free pedometer and weekly training tips will be given to anyone who registers prior to July 1. ♦

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**The ANNUAL FACULTY/STAFF PICNIC! JUNE 10**

**When:** Tuesday, June 10, 5:30–7:30 PM

**Where:** Upper Athletic Fields

Flyers with returnable coupons for ordering tickets will be sent out via campus mail in mid-May. Consider being a volunteer (hour-long shifts).

**Questions?** Call or e-mail: Kathy San Antonio, x2162, ksananto@smith.edu

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**How should we talk about race at Smith?**

We need your input at an upcoming information session, **Wednesday, April 16**, at noon, in the Neilson Browsing Room. The Otelia Cromwell Day planning committee wants ideas from staff on how to shape campus dialogues and what topics to discuss during this year’s Otelia Cromwell event on November 6. Please attend this meeting and let us know your opinion. **Thank you!**
Staff Council presents

The Wellness Forum!

April 17, 11:30 AM–2:30 PM
Campus Center Carroll Room

Staff and faculty are invited to attend, join the fun, and learn more about wellness

Sponsored by Staff Council, Human Resources, and Harvard Pilgrim

April 17, 11:30 AM–2:30 PM
Campus Center Carroll Room

Staff Council presents

- Relaxation and Meditation Training
- Athletics 5K Fun Run—Trainers’ Demo
- American Cancer Society—Skin Cancer Testing
- EAP—Work/Life Balance • Healthy Snack Offerings
- Yoga Demos & Breathing Exercises—with Arden Pierce
- Olin Fitness Center Info and Tour Info—with Brent Bode
- “Assess to Be Your Best” w/ Joan Griswold—Fitness Testing
- Self-core, Activity, and Nutrition Program—with Kelly Coffee
- Human Resources Booth • Outdoor Fitness—with Betse Curtis
- Smith College Book Store—Health Books, Cookbooks, Yoga Mats, etc.
- Harvard Pilgrim—Glucose, Osteoporosis, and Blood-Pressure Testing—“Healthy Back” Info
- Healthy Eating—in Conjunction with Cooley Dickinson—Recipe Materials, Portion and “Healthy Eating” Hand-outs, Nutrient-density Demos • ... and Much Much More!

... and a Staff Council Booth—Learn more about us and what we do!

STAFF COUNCIL Online

WANT MORE?!

Up-to-date EVENT LISTINGS are always posted on our Web site:

www.smith.edu/staffcouncil
Recipe Row

Spring is here!...

...and that always means lots of yummy asparagus and strawberries. Here are some recipes that fit right into the early garden bounty.

Super Strawberry Spinach Salad

INGREDIENTS:
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach—rinsed, dried, and torn into bite-size pieces
- 1 quart strawberries—cleaned, hulled, and sliced
- 1/4 cup almonds, blanched and slivered

DIRECTIONS:
1. In a medium bowl, whisk together sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce, and onion. Cover, and chill for one hour.
2. In a large bowl, combine spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

Makes 4 servings

Saucy Savory Baked Asparagus

INGREDIENTS:
- 1 bunch fresh asparagus, trimmed
- cooking spray
- salt and pepper to taste
- 2 tablespoons butter
- 1 tablespoon soy sauce
- 1 teaspoon balsamic vinegar

DIRECTIONS:
1. Preheat oven to 400 degrees
2. Arrange asparagus on a baking sheet. Coat with cooking spray, and season with salt and pepper.
3. Bake asparagus 12 minutes in the preheated oven, or until tender.
4. Melt the butter in a saucepan over medium heat. Remove from heat, and stir in soy sauce and balsamic vinegar.

Serve chilled and all the flavors mingle fabulously!

Guacamole Olé!

INGREDIENTS:
- 3 avocados—peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

DIRECTIONS:
Make this avocado salad smooth or chunky depending on your tastes...

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

...and for Cinco de Mayo, nothing says “party” like homemade guacamole!
TO YOUR HEALTH by Chris Gentes

ACROSS
1. ___ Mahal
4. Tennis do over
7. Once an acorn
10. Bills
12. A room in a house
13. Hawaiian guitar (informal)
14. Need it for 46 across
15. A Smith tradition
16. ___ Jordan
17. Musical scales
19. Wapiti
21. Overrule
22. Tolkien creature
25. Monster of West African folklore
27. 80s supergroup
30. Staff Council event
33. Fifty-seven in old Rome
34. French city
35. Female sibling
36. A merited gift or wage
38. Numero ___
40. Vintage storage device
42. Turkish unit of weight
45. Garland of flowers
46. Boston & New York races
50. Autumn ___
51. Always
52. Wife of Shiva
53. “___, you’re it”
54. Wonderful
55. Profit

DOWN
1. ___ the line
2. Tolstoy's Karenina
3. A long time ago knight
4. Computer linking system
5. And so on...
6. Subject
7. Great adventures happen here
8. Poisonous fruit
9. New Zealand parrots
11. Certain
12. Yoga position
18. Springfield bus driver
20. ___ Chaney
21. Pertaining to the heart
22. Long or short-eared
23. Step on it
24. Fitness Center wall
26. Soda siphon company
28. New Zealand honeyeater
29. Mystic syllables
31. Stead
32. A Boston 'way'
37. Eurasian wheat
39. ___ and ahhs
40. What the butterfly did
41. Grammy winner Horne
43. Zen riddle
44. Poker stake
47. Actress Gardner
48. Crimson
49. Dog command

I was thinking we could say something like 'answers will be on the staff council website after May 1st' to get people to look at the webpage.

Online To find the answers to the puzzles on this page, visit our Web site at: www.smith.edu/staffcouncil.

STUMPED?

Can you turn “HEAL” into “GOOD”? Sure you can. Just write a new word below “HEAL” with only one letter being different, like “HEAT” (although that’s not the actual first word.) Continue to add words all the way down the list, changing just one letter from word to word—until you are done ... for GOOD! Once you’re warmed up, give the tougher one a try!

Wordplay by Ken Molnar

Warmup Puzzle (easy)

h e a l j o g s

Workout Puzzle (hard)

g o o d w e l l

STAFF COUNCIL Online

To find the answers to the puzzles on this page, visit our Web site at:

www.smith.edu/staffcouncil.
### The 2008 Staff Council Roster

**Those Who Make It All Happen**

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<tr>
<th>NAME</th>
<th>DEPARTMENT</th>
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* Presidential Appointee

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**Comments? Questions?** Write us at our new e-mail address: staffchronicle@smith.edu!