Stories of hope are sometimes grounded in success. Sometimes they are the result of overcoming difficulties. And sometimes they are a story of coming home.

For Renee Alexander ’74, director of Diversity Programs in Alumni Affairs and Development, her story encompasses all three. She was the featured speaker at the first event of the 2011 Soup and Hope series, now in its fourth year, Jan. 20 at Sage Chapel.

Just before graduating from Cornell, Alexander recalled walking into her assistant dean’s office and saying, “I’m never going to set foot on a college campus again.” She went to New York City to be a journalist, and within two years landed a Madison Avenue advertising position. “Success was sweet; success was intoxicating,” she said.

The next 10 years were a blur of corporate jets, travel and impressive income. “I was good at success,” Alexander said.

A series of devastating events in the 1980s changed everything, beginning with Alexander waking up in the middle of the night to find her house ablaze. She escaped, but not before half her house was completely engulfed. A year later, she broke her ankle roller-skating, within the same year the car she was driving was broadsided by a driver running a red light. Alexander was hospitalized for 10 days.

The turning point came, Alexander said, when she was recounting her difficulties to her colleagues. “I’ve come full circle,” she said, closing her story by saying, “Never give up, never lose hope.”

Sponsored by a number of Cornell organizations, the Soup and Hope series aims to build a sense of community. Janet Shortall, series organizer, assistant dean of students and director of Empathy, Assistance and Referral Services, noted that many of the 120-some attendees are Soup and Hope “regulars” from years past, some even from downtown.

Dwight Carroll is providing the music that bookends each talk, selected to complement the speaker’s message. Dining Services provides the soup.

The next Soup and Hope at Sage Chapel will be Feb. 3 at noon, featuring Marcia Eames-Shealy of the Department of Horticulture.

Nutrition without noticing is goal of new show and Cornell Dining

College students on the go and under stress gravitate toward comfort foods, and these often aren’t healthful, says Dan Gabel, Web director of the Language Resource Center and host of the video program “CU in the Kitchen.” But making some changes in how foods are prepared in the dining facilities can ensure that students eat better, without them even noticing, says Keeton House chef Cathy Holt and Cornell Dining nutritionist Michele Wilbur.

Now available through CornellCast, the second episode of “CU in the Kitchen,” “Nutrition Made Delicious,” illustrates how such traditionally rich foods as cream of mushroom soup, chicken cordon bleu and cheesecake can be prepared in health-conscious ways. Minor changes — such as substituting 2 percent milk and flour for heavy cream, whole grains for processed ones, and such liquid fats as canola or olive oil for such solid ones as butter or margarine — allow students to have their comfort food in ways that taste good.

“CU in the Kitchen” was developed last fall to highlight the culinary efforts of Cornell Dining and Cornell’s commitment to sustainability, inclusion and good health in its dining facilities, says Gabel. “The idea is to bring the public into the kitchens of Cornell eateries so that we can get to know the staff and see what goes on behind the scenes,” he says.

On the Cornell Dining staff are two graduates from the Culinary Institute of America and four certified executive chefs. The university was ranked fourth nationally in the online Parent and Colleges resource as one of the “Top 10 Best College Eats” for 2010, and the Princeton Review ranked Cornell fifth in the category of “Best Campus Food.” Cornell has earned accolades for such initiatives as trayless dining; composting/recycling; offering local produce, dairy products, beef and other food products; and providing a wide variety of menu choices.

Cornell Dining identifies its most healthful food choices with the logo “Eating Well with Cornell Dining” to indicate menu items that are 100 percent whole grain, trans-fat free, made with only fresh ingredients and conservative in fat, sugar and salt.

Holt, who has been with Cornell Dining since 1990, is known for ensuring that many Eating Well items are on the Rolex Hall menus, and she intends to do the same at Keeton House. Like Holt, Wilbur, a registered dietician and a certified dietitian nutritionist, is committed to healthful eating. She promotes nutrition programs at dining facilities across campus and answers the concerns of individual students and parents about specific dietary requirements, food allergies, weight management, portion control and the variety of healthful options at Cornell’s eateries.

Together, in “Nutrition Made Delicious,” they provide advice that can be used not only at institutions serving meals for thousands, but also at home for a meal for two.

The next episode of “CU in the Kitchen,” available in early March, features the Fall 2010 Meatless Sandwich Tournament at Robert Purcell Dining. Three others are scheduled to follow. All will be found at CornellCast, www.cornell.edu/video/.
**Tech Talk**  Matt Klein

**When gossip goes viral**

Gossip, sharing, and rumors seem to be part of the human condition. It’s so to that they appear to have evolved in humans. But because there are limits to the spread of information in the digital realm, buzz talks can spill out of control more easily.

**The nature of Reputation: Gossip, Privacy and the Internet** on the risks of social media, harmful online behavior and privacy, the laws and the law, Feb. 4 at 8 p.m., Robert Faurit Cornell Community Auditorium.

**What Every School Official Must Know About Public Records** a discussion focusing on alarm and donor record-handling, on the unique safety of information and of surveillance of students, confidential informational and cyberbullying testing and data. (Note: Feb. 4, 3.30-4 p.m., ILIS Building.

**Establishing a Comprehensive Privacy Program at a Workshop,** a presentation on developing a comprehensive privacy program, policy and practices and the functions of a chief privacy officer. Feb. 4 at 2:30 p.m., ILIS Building.

Information and live streams: www.spolove.com. Feb. 4 talk will be streamed to Cornell Facebook campus ID (addresses only).

Learning objectives:
- Learn how to use Outlook organizational features and features, as well as how to manage contacts, appointments, events, meeting requests, and responses. Register for a 2 hour 2010 Outlook (PC) or Outlook 2011 (Mac) and Email calendar workshop.
- Complete listing of technical training resources, see www.cit.cornell.edu/training.
- Email queries to workshop@cit.cornell.edu. merry Christmas and a happy new year.

**Winter at Work by NANCY DOOLITTLE**

"It's not bad at all... it's kind of nice."
Chuck Reniff, grounds Department, plows the Bailey Hall plaza.

"We really try to make sure we have a lot of people on the street," says Retirement Services' Steve Jones. Jones, Dietrich Shop, repairs a street light circuit.

**Veterans’ Colleague Networking Group establishes priorities**

If you are a veteran who is interested in networking with other veterans employed by Cornell, consider joining the veterans’ Colleague Networking Group (CNCG). The next CNCG meeting will be Feb. 14, noon-1:30 p.m., in the Bartlett Hall blockhouse. This CNCG is relatively new, it's a great time to join. In addition to socializing, the group has established key priorities to create change over the next several months. These include:

- Discussing issues facing re-employment to the workforce after military duty
- Examining, recognizing and recruiting veterans
- Providing outreach tools and strategies to connect veterans
- Establishing an Office of Veterans on campus, with a representative from the Veterans Administration on campus.

For questions, contact: Karen Hoyle (kd525@cornell.edu) or Darren Jackson (dja@cornell.edu).

Not interested in the veterans’ CNCG, but still want to connect with other veterans employed by Cornell? Join the veterans’ military personnel e-list by contacting Karen or Darren (see above).

The CNCG and veterans’ e-list are sponsored by the Office of Workforce Diversity and Inclusion.

**WWW <Websites Worth Watching>**

For a complete listing of technical training resources, see www.cit.cornell.edu/training.

- Email queries to workshop@cit.cornell.edu.

**On “Staff Notes” Dan Roth, sustaining Cornell**

C

Cornell is a small city, says Dan Roth, Cornell's sustainability coordinator in the Student and Academic Services Office. And very small cities are in need of significant help.

Both Roth’s job is to help Cornell plan and adopt programs that support sustainable development—promoting economic and physical growth while protecting and enhancing the environment.

“We need to meet the needs of current generations without compromising the ability of future generations to meet their own needs.”

Both works with staff and faculty across campus to raise awareness of energy conservation, recycling, and other sustainability issues. He also arasındaki Cornell student population.

Students advocate for the creation of his position, and the work he’s embarked upon helps the student population.

Establishing a cycle of education, establishment of a Cornell Student Eco-Council, and a sustainable computing program in the driving halls and many other projects.

“I see more and more students taking leadership roles in energy-related issues,” says Roth. “We’re really looking forward to that because students have always brought a lot of creative ideas to the table.”

Visit “Staff Notes” on CornellCast to learn more about Dan and his work: www.cornell.edu/video?videoID=1035&startSecs=0&endSecs=1064.

**Ornithology Monday Night Seminar series begins**

The seventh annual Ornithology Monday Night Seminar series begins tonight with a talk, “Darwin, Evolution, and Invasions,” at 8 p.m., Sage Chapel. The seminar features Richard Prum, the program director for the Cornell Lab of Ornithology’s Annual Ornithology Workshop, on Darwin’s influence on current research in ornithology and evolution through a series of fun, hands-on activities. For more information, please visit www.cornell.edu/nyscience/ornithology.

**PAWPRINT PICKS**

- An open discussion of artificial intelligence: the works of Alan Turing and John McCarthy will be on Feb. 3, 5-7 p.m., at the Laboratory of Neurobiology and Behavior. "Turing and McCarthy: Thinkers and responders." Free and open to the public. Information: www.biocornell.org/events or call 800-645-2473.

- SHOWCASING THE ECUMENIC ARCHIVE Grover University Library and the Ecumenic History Project will present an exhibit of the Ecumenic Archive of papers and books, and a talk by the project director, Rachel Southam, on Feb. 4, 4-5 p.m., in the Farkas Library. "The Ecumenic Archive: Research and education in marginalized urban areas." Free and open to the public.

- SWEET BENEFIT The second annual Sweet Tooth Soiree, a benefit event for the Shea Throat Cancer Fund, will be Feb. 5, 9-11 p.m., at the Bailey Hall. "Sweet-e-seo: open bar, open to the public, will highlight decadent desserts by local chefs alongside a backdrop of hors d'oeuvres, live entertainment and a silent auction. The Throat Cancer Fund was established in memory of the Greater Throat Cancer Center and G. This year, The Throat Cancer Fund will be used to develop future leaders by supporting research and early detection. A portion of the proceeds will be donated to American Cancer Society. Tickets $200. www.bettythompson.net/pcdc.

- GENDER PAY GAP The discrimination against women? Does it still exist? Francie Black, Frances Perkins Professor of Labor and Industrial Relations and Labor Economics, will address these questions in the talk, "The Gender Gap: How Labor Markets Fail Women," at 10 a.m., Tompkins County Public Library.

-籌MEALS \MMONDAY A number of Cornell programs have joined with local social services to present the film documentary “Shane Honea’s Jumping at the Sun,” and a question-and-answer session with the documentary’s producers, Shane Honea, Feb. 5, in two sessions: at 7:30 p.m. and 8:30 p.m., at the M2A/Auditorium. The film’s producers will answer questions about how Honea’s story evolved as a means of storytelling. Check out www.shanehonesjumpingatthesun.com for more information.

- FEEDING YOUR PET "The内n a pet needs to be fed," says Jim Barnett, Cornell's associate director of the Cornell Animal Hospital. But how often do you really know what your pet is eating? Cornell’s Pet Health, Feb. 4, 12-1 p.m., at the Palmer Library. "Feeding your pet: how to choose your food.

- CELEBRATE PHILIP SHAPIRO’S BIRTHDAY The group will host a celebration of Philip Shapiro evening at the Cornell and on Feb. 10, 11 a.m.-1 p.m., at the Krueger Cocoa Shoppe on the campus Mall. For more information, please visit www.shapiro.com/birthday.

- "A0000" "Join us in a unique event that will open your mind to different at Cody, 7:30 p.m., at the SPC event. This will be an evening of food and drinks, to which all are invited. A portion of the proceeds will be donated to the SPCA. At the Cayuga Nature Center Feb. 12, 11 a.m.-3 p.m., a hands-on event for kids and adults alike, including making your own edible bird feeder with seed, making and feeding the birds, and taking a bird walk in the Cayuga Nature Center.

- DEAD FEATHERS The group will host a celebration of Philip Shapiro evening at the Cornell and on Feb. 10, 11 a.m.-1 p.m., at the Krueger Cocoa Shoppe on the campus Mall. For more information, please visit www.shapiro.com/birthday.

- "A0000" "Join us in a unique event that will open your mind to different at Cody, 7:30 p.m., at the SPC event. This will be an evening of food and drinks, to which all are invited. A portion of the proceeds will be donated to the SPCA. At the Cayuga Nature Center Feb. 12, 11 a.m.-3 p.m., a hands-on event for kids and adults alike, including making your own edible bird feeder with seed, making and feeding the birds, and taking a bird walk in the Cayuga Nature Center.

- DEAD FEATHERS The group will host a celebration of Philip Shapiro evening at the Cornell and on Feb. 10, 11 a.m.-1 p.m., at the Krueger Cocoa Shoppe on the campus Mall. For more information, please visit www.shapiro.com/birthday.

- "A0000" "Join us in a unique event that will open your mind to different at Cody, 7:30 p.m., at the SPC event. This will be an evening of food and drinks, to which all are invited. A portion of the proceeds will be donated to the SPCA. At the Cayuga Nature Center Feb. 12, 11 a.m.-3 p.m., a hands-on event for kids and adults alike, including making your own edible bird feeder with seed, making and feeding the birds, and taking a bird walk in the Cayuga Nature Center.

- DEAD FEATHERS The group will host a celebration of Philip Shapiro evening at the Cornell and on Feb. 10, 11 a.m.-1 p.m., at the Krueger Cocoa Shoppe on the campus Mall. For more information, please visit www.shapiro.com/birthday.

- "A0000" "Join us in a unique event that will open your mind to different at Cody, 7:30 p.m., at the SPC event. This will be an evening of food and drinks, to which all are invited. A portion of the proceeds will be donated to the SPCA. At the Cayuga Nature Center Feb. 12, 11 a.m.-3 p.m., a hands-on event for kids and adults alike, including making your own edible bird feeder with seed, making and feeding the birds, and taking a bird walk in the Cayuga Nature Center.
CLASSIFIED ADS FOR SALE

Samsung a07 cellphone $10, rollexbrothers size 10 mens, $20; hockey gloves, men's medium, $40; deep fryer $20; DVD's $3/each. 607.708.4218.

Snow tires, 205 55 16" Winterforce, used 2 months $430 new, sell for $225. 607.494.7666.

Cheryl Trailblazer'05, 88k, black, 4x4, running boards, tow. New tires and battery. Asking $400 or Carol S. $450. 607.526.8181.

Weights and weights bench, never used. Sears brand. $194. CM384.

Large dog crate. Brown and blue molded plastic 40" x 30" x 30". $30. Will trade for small. 607.333.1236.

Ashley Duraspellio love seat, fern colored, lightly worn. $660 new sell for $350 OBO. 607.254.3679.

National Geographic magazine (January – December 2010). Only $9.00. elise@skooph.com or 279.9885.

• 04’ VW GTI VR6, mint condition, red gray leather, fully-loaded, 57k, rust proof overhaul, new tires. Need to sell $10650.00. CM218.

Guidelines for Classified Ads

Please note: All community ads are printed as space permits. Remember to:
• Include name, campus phone, and category.
• Limit ad to 20 words or less.
• Include no abbreviations.
• Ads selling goods or commercial services on an ongoing basis or promoting employment outside Cornell cannot be accepted.
• To run your ad more than once, you must re-register it.
• Payment is not responsible for errors or unprinted ads, and retains the right to edit or reject any classified ad.

Submit classified ads via:
e-mail: pclassified@cornell.edu

Classified Deadlines:
• February 9 for the February 17 issue

The Author's Voice

For three consecutive evenings, Richard (Hal) Greenberg’s "The Author’s Voice" will be performed by students and directed by Michael Kaplan, resident professional teaching associate, Department of Theatre, Film and Dance, at the Black Box Theatre, Schwartz Center for Performing Arts.

The play recounts the story of a handi capped man who does his work and a powerful drama of publishing world who sets them against each other. Greenberg is the author more than 25 plays, a winner of the O’Neill Playwriting Award and the first winner of the PEN/Laura Pels Award for a playwright in mid-career. Acting workshops with colleges from all over the country who see to recycle and compost the most materials. Feb. 6-20. Classes will report their recycling and trash weights and be ranked accordingly. The Recyclamania Kickoff will be held Feb. 7. 10 a.m.-2 p.m., Ho Plaza, featuring tables, giveaways, and workshops. Faculty, staff and students are asked to participate in this week recycling competition, Feb 6-20. More info at: http://rcy.cornell.edu/manna/default.cfm.

RecyclingMania2011

The Class of 2014 Council, working with 85 Operations of Facilities Services, is entering Recyclamania, a national competition with colleges from all over the country to see who can recycle and compost the most materials. Feb. 6-20. Classes will report their recycling and trash weights and be ranked accordingly.

Recyclamania Kickoff will be held Feb. 7. 10 a.m.-2 p.m., Ho Plaza, featuring tables, giveaways, and workshops. Faculty, staff and students are asked to participate in this week recycling competition, Feb 6-20. More info at: http://rcy.cornell.edu/manna/default.cfm.

RecyclingMania2011

Wellbeing Updates

Kerry Howell and Michelle Artibee

For the classes and lectures below, please register on the Wellness Program web site well.cornell.edu.

• Training for a triathlon
  Feb. 2, noon-3 p.m., Building 95, 53 Technology Hall.

Arthritis water class.

• Mondays and Wednesdays, Feb. 7-16, 11:30 a.m.-12:15 p.m. in the Teagle small pool. Is arthritis keeping you from enjoying life? This six-week introductory class will help you get moving in a safe and comfortable environment, loosening stiff joints and strengthening your whole body while gradually building stamina. There is no swimming during this class. Space is limited and registration required. Open only to Wellness Program members. Information: Contact Christa at cm446@cornell.edu.

• Yes, You Can! Exercising during and after cancer treatment.
  Tuesdays, beginning Feb. 19. Four sessions total, 11 a.m., Helen Newman Health Fitness Center. Are you going through cancer treatment or have had cancer treatment within the past two years? Want to remain active or return to your active lifestyle? This class will help you build strength, improve flexibility and strengthen your heart and lungs. Kerry at kr253@cornell.edu or call 254.2985 with questions. Kerry is a certified cancer exercise trainer through the American College of Sports Medicine. Registration required. Wellness Program membership required.

Erectile dysfunction education.

Feb. 15, noon-1 p.m. via webinar. Cuthbert interest Dr. Matt Estill will talk about ED – diminished sexual interest may have it, how to talk with your doctor about it and ways in which medications work. This is a confidential, but live, webinar. Participants will be asked to sign on with fake names and will be able to ask questions by phone during the session. The session will also be available on the Wellness Program website. To enter the webinar, go to cornellwellnessprogram.nord.org/rob/ed/. No registration necessary. Open to the Cornell community.

• Aging Well: Maintaining your brain.
  Mike Masarin, central regional director, central New York chapter of the Alzheimer’s Association, will talk about ways to maintain your brain and health, including discussion on theories and practical tips, Mar. 3, noon-1 p.m., 221 Weill Hall. Wellness Program membership required.

At the Johnson Museum

Show case the new exhibits and upcoming events at the Johnson Museum:

• Music, poetry, hot chocolate—and art—are all part of the Johnson Museum winter open house, Feb. 13, 1-3 p.m. Free and open to the public.

Cornell centers recycling competition

He Harlem Globetrotters will play at Newman Arena, Bartels Hall, Feb. 8 at 7 p.m. Cornell Athletics has offered Cornell employees a group discount for tickets to the Globetrotters game through the Division of Human Resources. The group discount is for general admission bleacher seating, normally at $21; group discount price is $18; children age 2 years and younger seated on a lap do not need tickets. Contact Cheryl McGraw, cm544@cornell.edu or 255.7564 by Feb. 4.

Spring New York City trips available

Reserve your seats today for a spring Saturday trip to NYC. Trips are March 11, April 15, May 26, and June 11. The buses leave Cornell’s 8:30 at 6:30 a.m. and drop passengers at Bryant Park and near Macy’s at approximately 11:10 a.m. There is one pick-up at Bryant Park at 8 p.m. to catch the bus back to Cornell. Cost: $47 per person for Cornell faculty, staff and their guests. To reserve a seat contact Cheryl McGraw, cm544@cornell.edu. Payment is due one week after reservation is made.

The Harlem Globetrotters will play at Newman Arena, Bartels Hall, Feb. 8 at 7 p.m. Cornell Athletics has offered Cornell employees a group discount for tickets to the Globetrotters game through the Division of Human Resources. The group discount is for general admission bleacher seating, normally at $21; group discount price is $18; children age 2 years and younger seated on a lap do not need tickets. Contact Cheryl McGraw, cm544@cornell.edu or 255.7564 by Feb. 4.

Spring New York City trips available

Reserve your seats today for a spring Saturday trip to NYC. Trips are March 11, April 15, May 26, and June 11. The buses leave Cornell’s 8:30 at 6:30 a.m. and drop passengers at Bryant Park and near Macy’s at approximately 11:10 a.m. There is one pick-up at Bryant Park at 8 p.m. to catch the bus back to Cornell. Cost: $47 per person for Cornell faculty, staff and their guests. To reserve a seat contact Cheryl McGraw, cm544@cornell.edu. Payment is due one week after reservation is made.

The Harlem Globetrotters will play at Newman Arena, Bartels Hall, Feb. 8 at 7 p.m. Cornell Athletics has offered Cornell employees a group discount for tickets to the Globetrotters game through the Division of Human Resources. The group discount is for general admission bleacher seating, normally at $21; group discount price is $18; children age 2 years and younger seated on a lap do not need tickets. Contact Cheryl McGraw, cm544@cornell.edu or 255.7564 by Feb. 4.

Spring New York City trips available

Reserve your seats today for a spring Saturday trip to NYC. Trips are March 11, April 15, May 26, and June 11. The buses leave Cornell’s 8:30 at 6:30 a.m. and drop passengers at Bryant Park and near Macy’s at approximately 11:10 a.m. There is one pick-up at Bryant Park at 8 p.m. to catch the bus back to Cornell. Cost: $47 per person for Cornell faculty, staff and their guests. To reserve a seat contact Cheryl McGraw, cm544@cornell.edu. Payment is due one week after reservation is made.

The Harlem Globetrotters will play at Newman Arena, Bartels Hall, Feb. 8 at 7 p.m. Cornell Athletics has offered Cornell employees a group discount for tickets to the Globetrotters game through the Division of Human Resources. The group discount is for general admission bleacher seating, normally at $21; group discount price is $18; children age 2 years and younger seated on a lap do not need tickets. Contact Cheryl McGraw, cm544@cornell.edu or 255.7564 by Feb. 4.

Spring New York City trips available

Reserve your seats today for a spring Saturday trip to NYC. Trips are March 11, April 15, May 26, and June 11. The buses leave Cornell’s 8:30 at 6:30 a.m. and drop passengers at Bryant Park and near Macy’s at approximately 11:10 a.m. There is one pick-up at Bryant Park at 8 p.m. to catch the bus back to Cornell. Cost: $47 per person for Cornell faculty, staff and their guests. To reserve a seat contact Cheryl McGraw, cm544@cornell.edu. Payment is due one week after reservation is made.