Easy Life

Rachael McNamara delivers calm to mothers to be.
GREEN. CLEAN. EASY. The City Bistro has done away with disposable to-go containers—it’s all reusable clamshell containers from here on out. The boxes are good for the environment, only $3 and easy! You don’t even have to clean them—just remember them! Once you’ve finished your meal, just discard the large remains, drop the container off for cleaning at the City Bistro and pick up a key tag to be redeemed for your clean box the next time you’re there. Nice and neat!

COUGAR CASH QUICK. Got a lone buck that’s good for nothing but vending machine snacks? Add to your Cougar Cash account in mere seconds at the Cash Value Center outside Java City on the first floor of the Addlestone Library. Don’t have a Cougar Cash account? All you have to do is make a deposit, and your Cougar Card becomes a safe, automatic and convenient personal debit card that you can use all over campus. Cha-ching!

THE COPYRIGHTED MATERIAL: The copyright of the works appearing in this publication is hereby asserted.

COFFEE HOUR
Spring out and be seen!

PORTICO COFFEE HOUR
Enjoy a cup of coffee, some breakfast treats and the company of the other people who call the College “work.” The first 10 people to drop in will get a Portico mug and two tickets to the Cougars vs. Connecticut baseball game on March 19.
8:30-9:30 a.m., Liberty Street Fresh Food Company, Faculty/Staff Dining Room
Info: theportico@cofc.edu, 3.5526

EXCEL AWARDS
Help honor the students, faculty, staff and community members who are promoting diversity and excellence at the College.
March 27
5 p.m., Sottile Theatre
Info: Teresa Smith, smitht@cofc.edu, 3.5660

FACULTY/STAFF TOWN HALL MEETING
Get the scoop about the state of the College from President Benson and the executive team.
3:30-4:30 p.m., Stern Center Ballroom
Info: Ron Menchaca, menchacar@cofc.edu, 3.3395

NEWS BRIEFS
APPLAUSE
The College was named No. 68 on Kiplinger’s Personal Finance’s list of the 100 best values in public colleges for 2012-13.
The Princeton Review listed the College as one of “The Best 377 Colleges” in the nation and ranked Charleston No. 12 on its list of best college towns.
According to the Institute of International Education’s Open Doors report, the College ranks No. 10 in overall study abroad participation.
The College ranked No. 4 in U.S. News and World Report’s list of regional universities in the South that operate efficiently, producing the highest educational quality but spending relatively little money.
For the fifth year in a row, the College is one of the 11 colleges in the South to be included in the Public Colleges of Distinction eGuidebook.
Perfect Game named head baseball coach Jay Myers’ ‘98 offers staff and faculty a 10% discount on all dental services at his dental practice on the corner of Ashley Ave. and Bull St., 112 ½ Ashley Ave. Contact his office at 723.5346 for more information and to schedule your appointment.
Employees who present their Cougar Card at the Drayton Hall plantation ticket booth may choose between a complimentary grounds pass ($8 value) or half off an all-inclusive general admission ticket to all daily tours ($9 value).
For more discounts available to staff and faculty, visit hr.cofc.edu/benefits/special-discounts.php.

MEMO S
The next application deadline for grants through the Staff Professional Development Incentive Program is June 1. For more information, visit president.cofc.edu/staffdevelopment or email staffprofdev@cofc.edu.
The election for six at-large representatives to the Staff Advisory Committee to the President will be held March 25-April 1. Voting is open to all staff members who occupy permanent, full-time, non-instructional positions. The ballot is accessed through the link on the Employee tab of MyCharleston.
Results will be announced April 5, with the new permanent members taking office on July 1.
For more information, visit sac.cofc.edu/elections.

SAVE THE DATE
March 15
PORTICO COFFEE HOUR
March 27
EXCEL AWARDS
April 3
FACULTY/STAFF TOWN HALL MEETING

RAISING THE ROOF. The vegetative strips on the roof of Fresh Food Company are just the beginning: a test plot, if you will—and not just for testing the effects green roofs have on heat and storm-water runoff, but for testing out different methods before the students working with the Office of Sustainability take it to the next level: the roof of Liberty Street Residence Hall. The plan there is to carpet half the roof with plants and leave the other half as is, as a control for the experiment. But with marked reductions in storm-water runoff and heat absorbed by the roof (and thus money it takes to cool the building), the results are already clear. The College’s interest in environmentally friendly, cost-saving projects like this is going through the roof!

PERKS
The next Cougar Fit session runs from March 11 to April 24, and meets Mondays, Wednesdays and Fridays in the Johnson Center, room 201. The cost is $42/full session or $5/individual class. For more information, contact Kevin Ferrelli at ferrellkl@cofc.edu or 3.5559.

For the state of the College from President Benson and the executive team.
3:30-4:30 p.m., Stern Center Ballroom
Info: Ron Menchaca, menchacar@cofc.edu, 3.3395

ARTISTIC APPETITE. If you’re hungry for a little homegrown art, stop by Ms. Rose’s Fine Food and Cocktails in West Ashley and take in the rear dining room, where sculpture professor Jarod Charzewski’s 8x25’ Sunfire Remains remains from floor to ceiling. The sculpture wall is made of the plates, trays, barware, flatware, chairs, tables and glasses from the restaurant’s previous life as Sunfire Grill, and depicts stratified layers of earth. “Without this new life as art installation,” says Charzewski’s caption, “these items would likely be resting in a landfill site.”

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CAMPUS CENTER APARTMENTS: The eight-story building currently being constructed between the Simons Center and the Sottile Theatre is a private project that is expected to hold 350–400 beds and, on the first floor, a 19,000-square-foot fitness center. McAlister Development plans to open the building by next fall.

WAGENER HOUSE: Renovations to 6 Green Way, home of the offices of Nationally Competitive Awards and of Undergraduate Research and Creative Activities (both of which have relocated to 10 Green Way), have begun and will include the restoration of the back first-floor porch and the addition of an ADA-compliant restroom on the first floor, new landscaping and a freestanding outdoor water-bottle refill station. The building is slated for reoccupation in January 2014, in time for the spring semester.

SIMONS CENTER: Last month, architectural bids went out for the Simons Center renovation project, which will modernize the instructional and performance spaces within the existing shell of the building.

JEWISH STUDIES CENTER: The architectural drawing is underway for the expansion of the Jewish Studies Center, which will double in size. The plans include a kosher/vegan kitchen and dining hall on the first floor and, on the second and third floors, a combination of classrooms and offices for the School of Languages, Cultures, and World Affairs; the Center for Southern Jewish Culture; and the Zucker/Goldberg Center for Holocaust Studies. The project is expected to be completed by the beginning of the fall 2014 semester.

DIXIE PLANTATION: Renovations turning John Henry Dick’s old studio into a museum and the old barn into an air-conditioned, multi-purpose event, class and meeting space are wrapping up at Dixie. Construction for the two new field research stations will begin soon and is scheduled for completion by spring 2014. The goal is for the facilities – each of which will be 3,000 square feet (1,200–1,400 of which will be central labs) – to be as “off grid” as possible, with a minimum carbon footprint. Both facilities will be ADA compliant and will include outdoor showers, a screened classroom area and a tripod telescope–observation platform.

HOLLINGS CENTER: The design team for the renovations to the old science center is conducting faculty interviews, programming and schematic design. With the schematic design scheduled for completion this summer, construction should begin by summer 2014.

SCHOOL OF SCIENCES AND MATHEMATICS BUILDING: The second floor at 202 Calhoun St. is expected to be completed in late November and to be ready for occupancy in early 2014.

TOWELL LIBRARY HAS BEEN ADAPTING TO THE COLLEGE’S NEEDS SINCE 1855, proving itself a stalwart and enduring supporter of the College’s value in history, at present and in the future. As the future home to the Office of Sustainability, Towell Library’s basement is getting a little work done: a fresh coat of paint, new (recycled) carpeting and a conference room with dry-erase whiteboards made from Idea Paint. Director of Sustainability Brian Fisher and his staff will be moving into the new digs this summer. “I will miss the people in the Riley Center,” says Fisher, “but I am looking forward to occupying a space where all of the office members will be together – interns, grad students and staff.” All contact information will remain the same.

“IT’S A GARDEN BED. IT’S A COMPOSTER. IT’S A TRELLIS, RAINWATER BASIN, PARK BENCH AND AQUACULTURE STATION. It’s called an agri-urban sustainability module, and it soon may be coming to a corner of campus near you. Funded by the Historic Preservation and Community Planning Program and the Office of Sustainability, it’s a project that visiting assistant professor of historic preservation Jim Ward and his students began working on a year ago, designing the module so that the Preservation Club was able to build the first one last semester behind the Hugh P. Cameron House at 12 Bull Street. Ward hopes that it’s the first of many to be installed on campus, and that the multi-purpose module spurs discussion and interest in sustainability and urban agriculture. Part of the module’s appeal, he explains, is that it can be used for so many different purposes, from growing herbs and flowers irrigated by rainwater to wildlife feeding to creating outdoor work and rest areas. Plus, it looks pretty darn good.

“We’re trying to use traditional building techniques in a decidedly modern form,” says Ward, explaining that the adaptable unit can also be modified to fit the needs of the site. “It’s trying to do something that’s a little bit sexy and that people will be inspired by.”
It’s easy to think you’ve got the toughest job on campus. There are those gravity-defying stacks of papers to grade, scribbled lecture notes to transfer into PowerPoint slides, budget reports to organize and, of course, deadlines of all kinds to meet. For most of the College community, this “heavy lifting” is done in the comfort of an air-conditioned office, maybe even in an ergonomic chair.

But stop one day and look around at your setting: your office, the buildings, the pathways you use going to and from your workspace. They don’t look this way all by themselves.

For a place that wed the historic and the modern so beautifully, the College presents a wide range of challenges for Physical Plant – the team gives the Herculean task of making sure that this centuries-old campus ages gracefully and functions properly within the demands of the 21st century.

So, what are their tough days? What are the assignments that cause them the most stress?

Director of Physical Plant John Cordray shares his department’s six toughest tasks. Some are difficult simply because of the work environment, others because there’s an element of danger involved. “They all have their own challenges, but we’re not complaining,” Cordray smiles. “We enjoy it because we know we play a vital role in making this campus go.”

Perhaps the best way to appreciate these hair-raising assignments is to chart them out by fear factor.

<table>
<thead>
<tr>
<th>#</th>
<th>Assignment</th>
<th>Fear Factor</th>
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<tbody>
<tr>
<td>1</td>
<td>Replacing/repairing lights aloft</td>
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<tr>
<td>2</td>
<td>Lifting, installing and servicing motors, cooling towers, chillers and HVAC units on the rooftops of our buildings</td>
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<tr>
<td>3</td>
<td>Hurricane preparation</td>
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<tr>
<td>4</td>
<td>Repairing high-temperature/pressure steam leaks in underground vaults and confined spaces</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>High-voltage work (especially at night)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Erection and utilization of scaffolding</td>
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So, the next time you hit the wall at work trying to slog your way through another last-minute project, take a moment and consider doing it balanced on a ladder 30 feet in the air or cramped below the street in a steam tunnel. But don’t be scared because the men and women of Physical Plant certainly aren’t.
Hypnosis has been kind to Rachael McNamara '00 and her family. Her mom used it to quit smoking. McNamara used it to overcome fears of falling when she was a kid gymnast. And now, at least a decade later, McNamara has twice used hypnosis to give birth without even breaking a sweat.

That, she knows, is no small accomplishment. A health educator in the Office of Counseling and Substance Abuse Services, McNamara knows the difficulties of giving birth. In fact, it was the protracted and uncomfortable birth of her first child that prompted her to investigate alternative methods of childbirth when she became pregnant for the second time.

It was the nerve-calming, self-composing aspect of the hypnosis she practiced as a competitive gymnast that eventually convinced her to look into birth hypnosis. In particular, McNamara became a student of Hypnobabies, a six-week childbirth education course that is meant to create not just an easier, more comfortable birth experience, but a relaxing, more peaceful pregnancy on the whole.

"The immediate benefit was within a couple of weeks I wasn’t worried about birth at all," says McNamara. "The anxiety was gone."

Of course, the real test would be at childbirth. To achieve a calm, comfortable delivery for mothers, the Hypnobabies method involves relaxation techniques, breathing exercises and birth visualization. Mothers are expected to be mobile, alert and communicative during labor, yet still remain relaxed while in a state of self-induced hypnosis. Hypnobabies is also designed to prompt women to tap into their body’s natural ability to provide anesthesia, with cues to change an uncomfortable sensation, for example, into a more pleasurable feeling of tightness or pressure. For McNamara, it all worked perfectly.

"When the birthing time came, it was completely comfortable," says McNamara, who didn’t even lie down in bed during this delivery (which, by the way, took half the time of her first child’s delivery). Although she credits her husband for being a firm, reliable birth partner and the hospital for providing alternative delivery devices, including a tub and a birthing ball, it’s the freedom and control she had during the process that she thinks were so critical.

"There was no stress, no bright lights, no machines. It was all about me."

It was, in a word, empowering.

In fact, McNamara’s hypnobirthing experience was so empowering that she not only used it for her third pregnancy as well, but she also became a Hypnobabies instructor, teaching the technique to expectant mothers in and around Charleston.

"I decided this was so amazing that women in Charleston needed this class," says McNamara, who has taught 16 students in five sets of classes since she earned her Hypnobabies certification in April 2011.

McNamara says she is delighted to work with people who are unafraid to question traditional childbirth techniques and who demand a birth experience that is healthy, natural and satisfying. Among her students there is little tolerance for a "because that’s how it’s always been done” attitude when it comes to pregnancy. Instead, they want as much information as possible about what might happen to their bodies and their babies’ bodies, and to be told of safe childbirth alternatives.

"Both women’s and men’s confidence increases substantially when they learn as much as possible about a major event happening in life," says McNamara. "My students are incredible at knowing how to, and when to, ask the important questions, which for health are usually, What are the benefits? What are the risks? What are the alternatives? And what happens if I do nothing?"

And even though McNamara is in the teaching position, she says interaction with her students has given her new insight into the mind’s vulnerability to fear, and how to overcome it.

"Fear definitely creates stress, but it can also create pain," says McNamara. "Hypnosis is extremely powerful at addressing fears. The mind is powerful, and, with training, you can learn how to adjust your expectations – and those adjustments can change the result."

For more information on Hypnobabies, contact Rachael McNamara at 3.3650 or mcnamarar@cofc.edu.
The Mysterious Life of an Inter-Campus Envelope

They come. They go. Never around when we need them, always lingering in a messy heap when we don’t. We’ve all seen the stealthy ways of the inter-campus envelope - we all know what it’s like to have either none or too many - and so we share with one another accordingly. But just where does this cloak of golden brown (with the occasional blue or even muted red) make off to? What happens once it’s delivered, once the red string-and-button clasp is opened and its contents removed? Where does it go next? Where will it end up? And where does it stop along the way?

From the President’s Office (when President Higdon was still in office) to Residence Life and Housing, the Treasurer’s Office and beyond, we follow one inter-campus envelope’s journey across campus and back again – outliving its contents time after time after time.

And, no. We’re not saying you’ll know where to look next time you need one. But someone will – and they’ll surely be willing to share.

**CAMPUS ROUTE**

| 1. PRESIDENT’S OFFICE | 9. PHYSICAL PLANT |
| 2. SCHOOL OF EDUCATION, HEALTH, AND HUMAN PERFORMANCE | 10. ATHLETICS |
| 3. HUMAN RELATIONS/ MINORITY AFFAIRS | 11. CUSTODIAL SERVICES |
| 4. PRESIDENT’S OFFICE | 12. MARKETING AND COMMUNICATIONS |
| 5. SCHOOL OF THE ARTS | 13. HUMAN RESOURCES |
| 6. INSTITUTIONAL ADVANCEMENT | 14. RESIDENCE LIFE |
| 7. ENGLISH DEPARTMENT | 15. HUMAN RESOURCES |
| 8. PROCUREMENT | 16. MAIL SERVICES |
| 17. SCHOOL OF BUSINESS | 18. OMBUDS OFFICE |
| 19. ART HISTORY | 20. ADDLESTONE LIBRARY |
| 21. SCHOOL OF THE ARTS | 22. HALSEY INSTITUTE |
| 23. POLITICAL SCIENCE | 24. HISPANIC STUDIES |
| 25. HISPANIC STUDIES | 26. UNDERGRADUATE ACADEMIC SERVICES |
| 27. REGISTRAR’S OFFICE | 28. ADMISSIONS |
| 29. ACADEMIC AFFAIRS | 30. SUMMER SESSIONS |
| 31. TREASURER’S OFFICE | 32. BUSINESS AFFAIRS |
| 33. TREASURER’S OFFICE | 34. FINANCIAL AID |
| 35. TREASURER’S OFFICE | 36. CONTROLLER’S OFFICE |
THE MORE YOU KNOW, THE FARTHER YOU’LL GO.
AND – WITH EXPERTISE IN EVERYTHING FROM
information technology to public relations to
real estate to human resources – the College’s
GO-Team is doing its part to help local
entrepreneurs go as far as possible.

Created by the Center for Entrepreneurship and consisting of staff and faculty from across campus, this group of experts is meant to provide direction for entrepreneurs who know where they want to go, but just aren’t entirely sure how to get there.

“A lot of people come off the street asking for assistance in creating their business plan or their financial model, or for legal advice. Before now, we didn’t have a channeled mechanism in place for pointing them in the right direction,” says David Desplaces, director of the Center for Entrepreneurship. “We want to give entrepreneurs an avenue to success.”

For GO-Team members, it’s as simple as being available to answer preliminary questions and, when needed, speaking with clients for 30 minutes or so.

“It’s not a huge time commitment, but it’s really rewarding,” says Skip Martin ’82, adjunct professor with the School of Business and a member of the GO-Team.

“Helping your community and being part of someone’s success is thrilling,” agrees Desplaces, adding that – although the services the team provides are strictly directive – it could lead to consulting opportunities and referrals for members of the team. “You just never know where it will lead you down the road.”

To join the GO-Team, or for more information about it, contact Rhonda Mack at 3.6565 or mackr@cofc.edu.

MARTIN JONES DOESN’T ASK FOR MUCH. HE’S PRETTY CONTENT WITH A CUP OF COFFEE, a math book and the four cats with whom he shares his downtown house. In fact, if he’s going to ask for anything, it’s the occasional ride to the airport.

That’s because Jones – a mathematics professor whom The Princeton Review named one of the top 300 professors in the nation in 2012 and who is fluent in Spanish, studies Russian and Chinese and has taught in Venezuela, Colombia, Costa Rica and Mexico – doesn’t have a car. He sold it in 1997, opting instead to get around town on the steel-frame Puch bicycle he bought in 1980 as a grad student.

If that bike is one of his prized possessions, it’s also one of his few possessions. He has no cell phone, no home computer. He sold his television years ago, along with many other items the rest of America considers critical. What else does he do without? Once married, he’s been on his own for 15 years. He has no kids. He has no meat or dairy in his diet, either, since he’s a longtime vegetarian, recently turned vegan.

“Living simply is a very liberating thing,” says Jones. “It gives us time.”

Time to do the things we love – in Jones’ case, traveling, studying languages and interacting with students. And he’s finding time to do all of that while planning to teach College of Charleston students an advanced statistical methods course this summer at Xiamen University in Xiamen, a port city on China’s southeast coast.

But living simply doesn’t just free up some time for Jones to travel – it makes packing for those travels remarkably effortless, too.

“Right now I hardly have anything in my house,” he shrugs. “It will be easy.”

Now if he could just get that ride to the airport...
I would love to see a robust collaboration between staff and faculty whose expertise is in similar areas. For example, an accounting professor who teaches audit theory could work with the College’s auditors; a botany professor could collaborate with the grounds crew to do the latest plant research; or a computer science professor could team up with the people in IT.

There are many more possibilities. The College has expertise on the academic side that is needed on the administrative side, and the partnerships could provide students with real-world examples.

I would love to see more than two classes per academic calendar year covered by the College for full-time employees seeking graduate degrees. As it is currently, we must either take out loans to finish within the normal 2–3 year timeframe or endure the 5–6 years that it will take to finish the degree with these limitations.

I would love to see the College expand and foster the educational pursuits of its own staff; seems like it would benefit both the school and everyone with a better prepared and educated workforce.
CONGRATULATIONS TO MEREDITH GERBER, career counselor in the Career Center, who correctly guessed that the object in question was senior Kevin McLean’s plaster-and-wire sculpture titled “2,500 Yrs.” The piece is in the Career Center’s “Hire-Level Art” gallery, which features artwork made and donated by studio art students.

IF YOU THINK YOU KNOW WHAT THE OBJECT in the above photo is and where it can be found, send your guess to theportico@cofc.edu by Friday, April 12. The names of those who submit the correct answer will be entered into a drawing for a CougarNation T-shirt and sticker. The contest is open to all College faculty and staff.