



Vitality

Dickinson

HUMAN RESOURCE SERVICES

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Fall Into Fitness Challenge



The Fall Into Fitness Challenge is an fun, exercise-minutes challenge, that started last fall during the pandemic, and is open to the entire campus community. The challenge encourages holistic fitness and wellbeing through a variety of events and activities both live and virtual. (Activities and programs are still being planned at this time.)

Mini-teams are part of the fun, and having a mini-team with a diverse membership is encouraged - meaning inclusive of a variety of team members - such as mixing student/employee teams, different departments, class years, etc.

Online registration¹ for the 2021 fall challenge runs from Tuesday, September 7 through Saturday, September 18. The 12-week challenge kicks off on Sunday, September 19 and continues through Saturday, December 11!

We will keep you updated about the Challenge through TEAMS chat messages, emails, Dickinson Today announcements, and also the Fall Into Fitness Challenge webpages. To officially

¹<https://forms.office.com/r/Txi43TmKHs>

participate in the 2021 Fall Into Fitness Challenge, please complete the form² embedded in this Sway.

Details of the 2021 Fall Into Fitness Challenge³ are still being finalized!

Each week will include special activities and/or challenges for participants. Individuals may register with or without being part of a mini-team. Mini-teams can consist of 2-6 participants from any part of the college community - any variation of students/staff/faculty members. For staff and faculty, the traditional employee divisional challenge winners will continue to be determined by two criteria – the greatest percentage of participation for staff and the highest average number of minutes per participant.

We require participants to submit their exercise minutes online at the end of each week during the challenge. The online submission website address and other details will be provided to participants registered for the challenge in late-September once registration is closed.

We hope that everyone will join the 2021 Fall Into Fitness Challenge and encourage all to join⁴.

We had lots of fun with the 2021 Spring Into Fitness Challenge despite the COVID-19 pandemic through some fun virtual challenges. We don't know what this fall's ending celebration will look like yet, but hope to figure this out soon to share and acknowledge the winners for the weekly mini-team challenges, and individuals who stand out for participation. Make the steps you take in the 2021 Fall Into Fitness Challenge the first steps you take toward ***falling into wellness*** this fall!

Embed://<iframe width="640px" height="480px" src="https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybilVirn22-y3d6_zGPShKnZJSpk6QIMxUNFpOVjhMV0MyTkxSRlhWR0MwSIU5SkVDNi4u&embed=true" frameborder="0" marginwidth="0" marginheight="0" style="border: none; max-width:100%; max-height:100vh" allowfullscreen webkitallowfullscreen mozallowfullscreen msallowfullscreen> </iframe>

²<https://forms.office.com/r/Txi43TmKHs>

³<https://totara.dickinson.edu/course/view.php?id=399>

⁴<https://forms.office.com/r/Txi43TmKHs>

Employee Highlights



New Hires

August

David Adamovage, *Athletics*

Katie Amtower, *East Asia Studies*

Derek Butler, *Office of Admissions*

Kali Cape, *Religion*

Gordon Cromley, *Writing Program*

Krsna Dev, *Physics and Astronomy*

Latoya Diko, *Dining Services*

Denise Dolan, *Library Services*

Stephanie Dyson, *Classical Studies*

Phoebe Galione, *ALLARM*

Prestyn Goodling, *Facilities Management*

Mariel Gruszko, *Anthropology*

John Harles, *Political Science*

Ryan Harper, *Office of Admissions*

Reynold Hoover, *Graduate Program*

Shelby Jones, *Office of Admissions*

Ashley Kulp, *Children's Center*

Craig Lang, *Political Science*

Andrew Leahy, *Center for Civic Learning & Action*

Kelli Lombardo, *Dining Services*

Anne Maitland, *Office of Inclusivity and Equity*

Tina Morrison, *Bookstore*

Allison Neslund, *Trout Gallery*

Neryamn Nieves, *Spanish and Portuguese*

Francesco Samarini, *Italian*

Mitch Shiles, *Art and Art History*

Christa Siggia, *Children's Center*

Amy Soba, *Academic Advising*

Ya Su, *Sociology*

Missy Taylor, *Wellness Center*

Teku Teku, *Center for Global Study & Engagement*

Angela Trovato, *Theatre and Dance*

Emily Weideman, *Residence Life & Housing*

Employee Announcements



Dickinson COVID-19 Resource: Fall 2021 webpage⁵

Any vaccinated faculty or staff member who would like to be tested may do so during our regularly scheduled times. Please email hrservices@dickinson.edu⁶ to confirm testing. A COVID risk management team member will follow-up, if necessary. No appointment is necessary.

Employee COVID-19 testing takes place in **Allison Hall Room 1**. Your ID card is needed to enter the building

⁵https://www.dickinson.edu/homepage/1505/fall_2021_semester_information?utm_source=2021-09-03_covid-update&utm_medium=email&utm_campaign=campus-email&utm_content=2021-09-03_covid-update

⁶<mailto:hrservices@dickinson.edu>

- **Mondays** – 2 – 5 p.m.
- **Tuesdays** – 8 a.m. – noon
- **Thursdays** – 10:30 a.m. – 2:30 p.m.

Additional testing days/times are available during student testing, if you are not able to make it during the employee schedule. Student testing will take place weekly on Monday, Wednesday, and Friday from 8 a.m. to 1:30 p.m.



We are always looking to grow our talented team, which is why we're excited to announce our Employee Referral Bonus Program. Refer qualified candidates to our open roles in HOUSEKEEPING and DINING SERVICES and we will offer you up to \$300!

Dickinson College Employee Referral Bonus Program

Dickinson College will provide a \$300 bonus to an employee who refers a candidate who is hired by the college. \$150 will be paid following 30 days of employment and an additional \$150 will be paid following six months of employment. Referral-eligible positions are identified by the college. Please consult with Human Resource Services as these positions vary based on current need and include only full and part-time positions (all casual and student employment positions are excluded from referral program). All employees are eligible for this program.

- Applicant must identify the referring employee on the employment application under the “How did you hear about the position?” section.
- Referring employee must submit a referral form identifying applicant’s name and requested position.
- New employee must successfully complete the background clearance process and work beyond the initial 30 days to be eligible to receive the first \$150 payment.
- New employee must work a minimum of one day beyond the 6-month period for the referring employee to receive second \$150 payment.

Contact your supervisor or Human Resource Services for a referral form - or simply click here⁷ to download the form!

Retirement Plan Fee Disclosure Information

In compliance with Department of Labor regulations, during the month of August 2021, employees were sent important information regarding the expenses and fees related to retirement investments. This information is provided to ensure employees have all the information necessary to take full advantage of retirement plan options for both TIAA Financial Services and Fidelity Investments. Please note: NO ACTION is required. This information is being provided in compliance with the Department of Labor requirement to provide consumers with more information about fees and expenses related to their retirement investments. For questions, more information or if you do not receive this information, please contact Human Resource Services.

⁷https://www.dickinson.edu/download/downloads/id/12990/employee_referral_program_form.pdf



2021 United Way of Carlisle & Cumberland County

Pacesetter Campaign

Dickinson College is a *Pacesetter* for the United Way⁸ of Carlisle & Cumberland County's annual campaign⁹. Our campus campaign began mid-August and continues through mid-September—to help set the pace for the larger community's fall campaign. To make your gift, please complete an online pledge form at www.dickinson.edu/unitedway¹⁰ or make your gift at <https://uwcarlisle.org/donate/> indicating "Dickinson College" in the employer field. If you prefer a paper pledge form, please contact Dottie Warner, Office of Conferences & Special Events, at warner@dickinson.edu¹¹ or 717-245-1900.

⁸<http://carlisleunitedway.org/>

⁹<http://carlisleunitedway.org/campaign/>

¹⁰https://forms.office.com/Pages/ResponsePage.aspx?id=VbAyYrl2E0ybiLVirn22-2V2j_6JxkRPj-v8zisWoQJUNldlVE1lV0k5RVUwRVFFFTjIJVEdERzgZQS4u&fswReload=1&fswNavStart=1630940505141

¹¹<mailto:warner@dickinson.edu>

United Way of Carlisle & Cumberland County

2021 Day of Caring

Friday, October 15 | 8:30 a.m. to noon

Opening ceremony at Allison Hall - 8 a.m.

The morning will start at 8 a.m. with a kickoff at Dickinson College's Allison Hall located at 99 Mooreland Avenue, Carlisle. During this time, volunteers can meet with their groups and collect their LIVE UNITED Day of Caring T-shirt. Projects will run from 8:30 a.m.-noon.

Are you looking to volunteer? Sign up here¹² by or BEFORE Friday, September 17!

The morning of Day of Caring, volunteers will head straight to their volunteer project sites.

Volunteer projects will run from 8:30 a.m. - noon

Day of Caring is an opportunity for people to donate a morning to help local non-profit organizations complete needed work projects and to learn more about the needs of human service organizations in the greater Carlisle area.

Register within Totara¹³ to let us know of your intent to participate. Jason Maddux¹⁴ – community impact director, United Way of Carlisle and Cumberland County – will receive a list of volunteers and make the volunteer assignments. You can also sign up directly with United Way today for yourself, a group, or family at <https://uwcarlisle.org/day-of-caring/>¹⁵.

Reminder of Community Service Benefit: All employees must first receive approval from their supervisors before registering for the event. All exempt and nonexempt employees will be allowed to volunteer for up to eight (8) hours of paid time from July 1 to June 30. To indicate your interest in this community volunteer opportunity, please register for this program prior to Friday, September 17.

For specific questions about the Day of Caring, please contact Jason Maddux: Call 717-243-4805 or email Jason@uwcarlisle.org¹⁶.

¹²<https://totara.dickinson.edu/course/view.php?id=59>

¹³<https://totara.dickinson.edu/course/view.php?id=59>

¹⁴<mailto:Jason@uwcarlisle.org>

¹⁵<https://carlisleunitedway.org/day-of-caring/>

¹⁶<mailto:Jessica@uwcarlisle.org>

Get the Most Out of Your Benefits



Flu Vaccine Appointments Fall 2021



HUB Social Hall | Appointments required | Administered by Wellness Center Staff

Thursday, September 23 | 9 a.m. - noon

Wednesday, October 20 | 11 a.m. - 2 p.m.

Tuesday, November 2 | 4 - 6 p.m.

For Fall 2021 as in previous years, we are happy to offer flu vaccinations to students and employees of the college.

Everyone ages 6 months and older should get a yearly flu shot. This protects you, your family and your community.

More flu shot facts ~ Of course, the flu shot fights the flu. But what exactly is the flu? It's a virus that can cause respiratory infection. It spreads quickly. And it can lead to pneumonia and other complications. Sign-up¹⁷ for your free flu vaccine today!

Our on-campus flu vaccines are ONLY offered to adults (employee and students) at this time. We do not carry flu vaccine supplies for children. Registration is OPEN! Due to the COVID-19 pandemic, we would like to offer students and employees living and/or working on-campus first preference for receiving the on-campus flu shots.

REGISTRATION IS REQUIRED IN ORDER TO RECEIVE YOUR FLU VACCINATION. Click here¹⁸ to enroll and sign-up in Totara. Please remember that **you must enroll and then click the "SIGN-UP"** button at the bottom of the selected appointment page. If you did not click the "sign-up" button, you are not registered.

Face coverings are required to be worn during your visit to campus for your flu vaccine appointment.

2021 Flu Vaccine Clinic Participation Forms are required to be completed by all participants. Please click the link in Totara for employee or student status, download and complete the form and bring it with you to your scheduled flu vaccine appointment.

Aetna 1:1 Consultations



Tuesday, September 21 | 9 a.m. - 1 p.m.

Managing your money and making choices for your healthcare are challenges many of us face regularly. Take advantage of making an appointment to meet with our **Aetna representative, Jean Enders**, to get your questions answered about claims, learning to read an EOB (Explanation of Benefits), or learn more about online resources available to help estimate costs or save money! Register in Totara ¹⁹to select your appointment for a 1:1 consultation. A phone number

¹⁷<https://totara.dickinson.edu/course/view.php?id=165>

¹⁸<https://totara.dickinson.edu/course/view.php?id=165>

¹⁹<https://totara.dickinson.edu/course/view.php?id=60>

to contact our Aetna representative will be provided upon enrollment and sign-up for the session.

More appointment options are available via Totara²⁰.

Health Advocate makes healthcare easier²¹!

HealthAdvocateSM

Health Advocate is a service available for all full-time employees. Health Advocate is an independent organization which will provide services to you, your children, your spouse, your parents and your spouse's parents. Click here²² for a quick overview.

Complete information about the service is available at Health Advocate's website²³.

Individual Virtual Counseling Sessions



Thursday, October 21 and Wednesday, November 17 | 10:00 a.m. - 4:00 p.m.

Don't plan for your future alone—you can schedule a counseling session today

No matter where you are in life—just getting started or planning for retirement—a session with **Carolyn Sharp** can help you create a plan for your goals. And, it's at no additional cost as a part of your retirement plan. You'll get answers to these questions and more:

²⁰<https://totara.dickinson.edu/course/view.php?id=60>

²¹https://www.dickinson.edu/download/downloads/id/12897/health_advocate_highlights_overview_2021.pdf

²²https://www.dickinson.edu/download/downloads/id/12896/health_advocate_brochure_2021.pdf

²³<http://www.healthadvocate.com/>

- Am I invested in the right mix of investments to help meet my goals?
- Am I saving enough to create the retirement income I need?
- How do I take income from my retirement account once I stop working?

RSVP today, as space is limited. Register for sessions at [www.TIAA.org/schedulenow](https://www.tiaa.org/schedulenow)²⁴ or by calling 800-732-8353, weekdays, 8 a.m. to 8 p.m. (ET). You must register directly with TIAA.

September TIAA Educational Webinars

Would you like to learn more about saving or retirement planning for the future? TIAA offers free on-demand, online webinars on a variety of topics. All employees are welcome to attend and can register at [TIAA.org/webinar](https://www.tiaa.org/webinars)²⁵. If you are not a TIAA account holder, you may register as a guest-user to view these webinars.

- September 14 at noon - Planning for College? Save with a 529 Plan
 - September 14 at 3 p.m. - Inside Money: Managing income and debt
 - September 15 at noon - Start to Finish: The early career woman's guide to financial wisdom
 - September 15 at 3 p.m. - Tomorrow in Focus: Saving for your ideal retirement
 - September 16 at noon - Understanding Medicare
 - September 16 at 3 p.m. - Making it Easier for You: Online tools and resources
 - September 16 at 4 p.m. - Well-Rounded Retirement Overview
-

Fidelity Consultations

²⁴<https://www.tiaa.org/schedulenow>

²⁵<https://www.tiaa.org/webinars>



Fidelity's investment representatives offer individual counseling for financial planning and retirement. **If you have questions or concerns regarding your Fidelity account, please contact Daniel McCarthy, Retirement Planner / Personal and Workplace Investing, at daniel.mccarthy@fmr.com²⁶ or call (603) 213-3523.**

Visit [Fidelity.com](https://www.fidelity.com)²⁷ to view the available investment options with Fidelity, or to explore the financial planning tools available through Fidelity online.

RetireWise - Fall Semester 2021



Presented by MetLife

Thursdays - September 16, 23, 30 and October 7 | 6-7 p.m.

RetireWise is a 4-part workshop series that offers a helpful, go-to resource guide with optional 1:1 consultation. Register now²⁸ for this 4-part virtual series:

- Session 1: Building the Foundation
- Session 2: Creating & Managing Wealth
- Session 3: Establishing Your Retirement Income Stream
- Session 4: Making the Most of What You Have

Participants will have access to the ***RetireWise*** workbook and exercise book which will be available via download in Totara²⁹.

²⁶<mailto:daniel.mccarthy@fmr.com>

²⁷<https://www.fidelity.com/>

²⁸<https://totara.dickinson.edu/course/view.php?id=368>

For more information, please email devwell@dickinson.edu³⁰.

Medicare Transition Services



Do you have questions about Medicare? *Get the answers and personal guidance you need for yourself, a family member, or a friend* — FREE with *Medicare Transition Services*.

Dickinson College is partnering with Medicare Transition Services³¹ to help guide you through the various parts of Medicare. This **free** resource is available for you or your loved ones and includes:

- *Easy to understand videos and guides about Medicare*
- *Personal guidance from a licensed agent to help at every step of the way*
- *A detailed overview of your coverage options*
- *Help reviewing your plans and selections*

Whether you plan to keep working or not, we'll help you understand your Medicare options and next steps.

²⁹<https://totara.dickinson.edu/course/view.php?id=368>

³⁰<mailto:devwell@dickinson.edu>

³¹https://www.dickinson.edu/homepage/1496/medicare_transition_services

View the Medicare Transitions Services Guidebook³² to learn more, or the Medicare Transitions website³³ for more details.

Call their toll-free Medicare help line today:

1-833-650-0414 (TTY: 711) | 9:00 a.m. to 6:00 p.m. EST | Monday – Friday.

Visit them online: www.MedicareTransitionServices.com³⁴



We have access to a Medicare Help Team at HTA, and they are looking forward to talking with you to provide education, guidance and to answer your questions.

They offer a Client Toolkit³⁵, which is a one-page quick reference with details on the services HTA provides. Here is a short video on **HTA Medicare Services**³⁶ – 4 min. There is absolutely no cost for working with them, and you do not pay a higher premium if you enroll through them, rather than directly with the insurance company.

³²https://www.dickinson.edu/download/downloads/id/12871/medicare_transition_services_guidebook.pdf

³³<https://www.medicaretransitionservices.com/>

³⁴<https://www.MedicareTransitionServices.com>

³⁵http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula8S6fW1r98ZdNkK4VOXCq0BrHp-2BczFXRL-2FQYLrucum9IEwBxWbrsds3U8mYp2MYxqZRlyaNsJ7T-2FXidg023PT3Nkl-2Bv9rfHXEHqv8aFzLTHEbG-2BuEQHyZPi27NJYwwsLVQ1Cm1DVjcFovZoYcHfz9yHtJwv4EsVdHCr50G2-2Fpmjw-3D-3D1WUp_qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46ciZJt57tkfpr0fC08TDCulrIdPkKjgKqf6EoECHCdpW7DML2Plv-2B6gvBwDQ8sBqWk00XLFpKQ282HF1T-2F-2Ff6ThCgrty5DjGv9Bqx3oCmKCsU0cMQP7wwB1FNBEengszABs-2BmN-2F0bzrekAgcb8hHCh4-3D

³⁶http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqIBpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGGeidCv-2Fs2EHipf9EMEVhTWev4fwU63leQ2JrJX5tdT0DUYZgBDuHYKrwX-2B4y7dlpzdFHeafDCIJKL-2FpKqajJNtQKy8n-2FVTi5qbkvDhD6HVPwNvy_qtLTTfIHECvtWDv3qB5kjv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UfnmRM-2FogQ01YIRhXfJoFDhKZp-2BRK7IGvwUKAS02MuXcgpRjnBWRUqEkKNP0H82oLBXktTXvrsqoPPN4D15ZkM5s5XIX2U8SHH-2BJhAKw67ni0IH4KaXcR441cCnl4Oukl6MWu9Oie48Exg0y78FKIRk-3D

Don't worry, they are available to help with any of your Medicare concerns or questions. It is easy to schedule an appointment:

Call: 610-430-6650, Option 1 | Email: Medicare@HTA-insurance.com³⁷

Schedule Online³⁸ (click link) If you would rather attend an educational webinar, please click on the hyperlink to register for your preferred date--you will be able to choose your time on the registration form. All webinars are scheduled in **Eastern Time**.

- **Wednesday, October 6th³⁹:** 7am, 10am, 1pm, 4pm, 7pm
- **Tuesday, October 12th⁴⁰:** 7:30am, 9am, 12pm, 3pm, 6pm
- **Thursday, November 4th⁴¹:** 7:30am, 9am, 11am, 1pm, 4pm, 6pm

³⁷<mailto:Medicare@HTA-insurance.com>

³⁸http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGDLukaTif5PxtPo8C7FLZimf73xCigKK3EBITfIrS76mZ0DvUTykJ0OYEPH4QONMBAktIPrwqADKQLZ-2FWIQUlu5cmYfcJ3No69EnbQL6tEf5_977_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YakVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwb0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46V97FpMzcOnav1lI3UmZJFA1s1QixL-2BhxZBRqadqcgJetb4NNWtNfqEB0fVatNVbn1SwDK-2F5-2Fjpjffv8mv5IReHgnz3Or-2BFVXqTfu609sb8lVtaFibiPgGoq4dDOTZ8AM5cfVAWYQloLRLjV-2Bg8-2BAk-3D

³⁹http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn-2FskpmC0UZtmoEOOfkTyUrsiLapYsOML1Ya5nTxAX40oBHshZSioLkvrgPUbSdypQUQrPdEJOZSusw3aSa2iiWmUnQAahU55LlFvEpn9iWQ-3D-3DqEgO_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YakVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwb0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46R31IHw2C-2F3Up39UXL7Abn0D41gd6NxpY5iCmYKStgQqiVGs4SJBnStTdgBRIlfQSP6-2FqybBCbMdu0sToyLE7yK2dWTKRYMjYfPOT651of8PPK-2FEBH0Fyu88pJVGvwKM0edlFtsg2pX-2BN4AUcsLxbY-3D

⁴⁰http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn9JQnHO2KHku67Nm7vL3hMM-2FBfyjbyRHU-2FOp15uTGC42FY3-2BTXvO3go29LucOGTMC9PB9UQVeOOBRB7fIme9If6RT42tpRXn5c78-2BuaNTKhmw-3D-3Dz6eK_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YakVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwb0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46dZd6J2m7o1JGsgJTe4fTnmJY9-2BTUgYJD5yUeyLHoWvqOyYZYKpjWnrRoZ0kQmIJG-2F4EAXGhr1oC-2FU9yFOZayBDeljLbzCwA9kuGv6LCumzWnUq87a68jIYvCUGVRHhn2O3jiE6Eulh9Ri6FwadGb0-3D

⁴¹http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2Bwiawjqibpke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn8x5Y4DXuP6gFCpwoiaYV1ZqhYAns428SYDVxM6zkGx1hTI6kznI2A9BRhXMiEYgRbg64kJ7U0meQ5ZzqVToaaeT5liRy1nPIVRTgRDzgBGQ-3D-3DsKWZ_qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YakVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwb0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46UyXEIfpaNP3KQ7DXa5E4YExRH4iwnwOy69Bg-2FPV9sumhNpOhqi4iEvsghuROM-2Bi-2Fu-2BAB8G4uEjVrGhgAmxx5ESjzHoCH-2ByHjVP6fXtOdLi6f3YORZ6-2BII4N-2FxtI3oB-2B9hIxdswGSpjOnclvkbKul1A-3D

- **Friday, November 12th⁴²**: 7am, 10am, 1pm, 4pm, 7pm
- **Monday, November 22nd⁴³**: 7:30am, 9am, 11am, 1pm, 4pm, 6pm
- **Wednesday, December 1st⁴⁴**: 7am, 10am, 1pm, 4pm, 7pm

⁴²<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn-2F-2FiCcOlwbEb-2BSkM9-2FzsfXD7VdCo2qLahmS8fTaLN7xmb8KVuvEcUQss356dHCTY2mq-2F1acXgYFYQAS7Mql4FXqxYalvY2DigfBk3-2BaR61hiQ-3D-3DeIGz qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46RqynD6Snd1GUVitfa-2BmL94f8Qo2wkF3wSjk-2Fm8BNYlkjGHmNMP1W1A-2BfHH6XipinOISeUJ490t9uq6i1xIUn3rRRfD-2Fs-2FDNVqoZyf5WxHiNPpToJk4Rpz3EIVkk7RvrANMIITHgHD6X0UaGS8BpF48-3D>

⁴³<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn8x5Y4DXuP6gFCpwoiaYV1Z9nFCERQDuGEjNTIOeYVSVXCyamKil0M5rAuWXGcvXZOavzFhuw2wr1qSGmFa91awpCuFicrMo-2FvZEvw7-2BJG3AQ-3D-3DCE-J qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46WuzpK9wFyfJjd3gWu8dC4Z2jEu0w4qlXOT6fqUcj-2BLMFgsI3unLLTjmwZXnrVclg2qfPkCNePG7UmeHCfdY9YIC1Rr8asffhC668yxd3xJ90kZJQPkYYjF4vnRP-2FCxIQjO7cQ2otiVGUFYcqT2g-3D>

⁴⁴<http://url3874.send.agencybloc.com/ls/click?upn=vAGS6NgdMoyHr87OfPNgYpwYzajhFtgAc-2FcSkMRula-2BwiawjqibPke9eLW15ECV0-2FjKb-2FUCXokEScEtGZnYsGHvAG6htAupBg68g7T6INn-2FEukFo6ZKf9vPKl6wyheMmjux9eJToWgxgLKsBRDPiIVmzmigfB31tvAG4TzEFmGqSkQsL1h8BqD5vjLi2v8jug6faEHLXGCKDvx9v2MjD-2Bw-3D-3DROD2 qtLTTfIHECvtWDv3qB5kqv-2FH9kNP1-2F1ihcocCu6YAKVqhWk-2Bh2A-2F-2F-2Blry-2FpN4QpX95sVy0AZFUW-2Bucwbt0WS-2F7v6-2FODEOaMi8sbk2KrDoncyPrGarHqPxHVQC4guX5FPZpjVt3iobrSjXQgd5ml46XicsVXYkoA3nBfiQ8p3lsvgwYaN-2FzrUIM53a4LpavFIRqN9BiDldTK-2FOzFFAe2Bd3Vp07XTMX2bzQ1zXJ22X-2Fr8y5GaKAdSezgdaUSbl7FceZ4LF-2Fx-2FSTNFX3GuKdZqdjmVdAXiJS0v6W4c7VgiyQ8-3D>

Down on the Farm





DICKINSON COLLEGE FARM VEGETABLE CO-OP – shares available

The summer season is in full swing at the College Farm with fall crops planted and growing strong! We invite Dickinson community members to join the College Farm CSA (Campus Supported Agriculture) mid-season. Certified organic vegetable shares are available at a pro-rated price exclusively for members of the Dickinson College community. All shares are customized by the member and pre-bagged by our farm staff for easy and safe pick-up at the College Farm on Tuesdays. Small and Large shares are available ‘weekly’ or ‘every other week’. There are still spots remaining for the rest of the vegetable season which runs until December—don't miss out on the bounty growing in our fields – you'll be delighted!

For more information about the College Farm CSA program and to sign up please go to blogs.dickinson.edu/farm/csa⁴⁵ or contact farm@dickinson.edu⁴⁶.

⁴⁵<https://blogs.dickinson.edu/farm/csa>

⁴⁶<mailto:farm@dickinson.edu>

Community | For the Greater Good



American Heart Association | HeartWalk 2021

Join us and walk with TEAM Dickinson!



Sunday, September 19

Live Registration & Check-in: 12:30 p.m.

Walk Begins: 2 p.m.

City Island | 25 Station Road, Harrisburg PA

Join Team Dickinson at:

<http://www2.heart.org/goto/TeamDickinson2021>

Join members of Team Dickinson at the annual HeartWalk scheduled for Sunday, September 19 on City Island in Harrisburg. Stretch your legs and get some fresh air on this fall afternoon with your family, friends and colleagues. *Participating in this event is free.* Walkers who decide to do a little FUNdraising will receive a t-shirt for raising \$100 or more to support the American Heart Association. For more information, please visit the website listed above, and/or send an email to diamondj@dickinson.edu⁴⁷ - or call 717-254-8084.

Smoke and Tobacco-Free Campus Forum

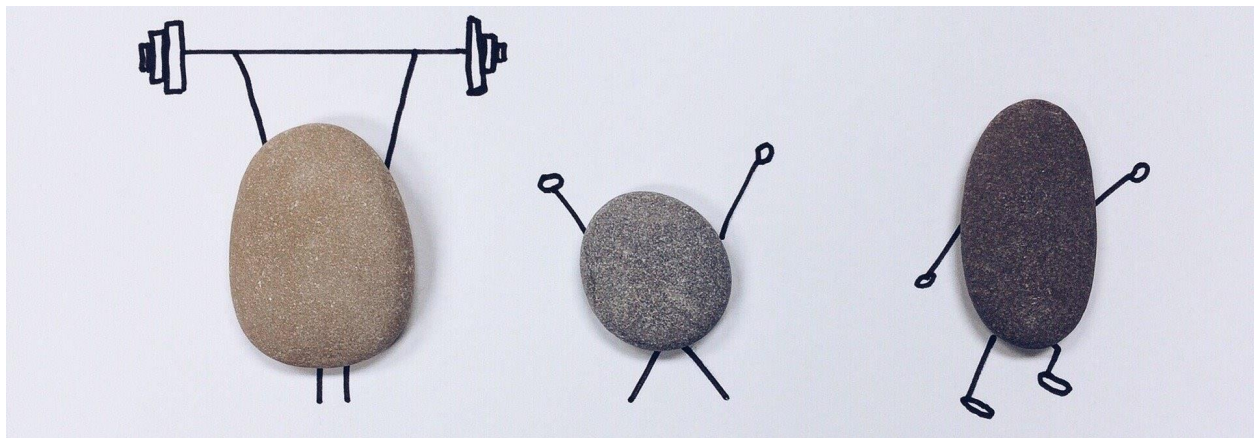
⁴⁷<mailto:diamondj@dickinson.edu>



Wednesday, September 22 | 11 a.m. – 1 p.m. | Webinar

Join the American Lung Association in Pennsylvania's Smoke and Tobacco-Free Campus Forum to learn how you can promote healthier, tobacco-free lifestyles on campus. This virtual event is designed for college and university administrators, faculty, staff, policy advocates, and students. Topics will include Implementation of Tobacco-Free Campus Policy, Success stories and Tobacco and Vape quit resources. Register for this webinar by clicking here⁴⁸.

Wellness



⁴⁸https://teams.microsoft.com/join/ksbAgTjUaU6Q88DyyIpOxw,MtnehIo4EEiGtG7E9D7efA,UmjYSPxYA0KcCU8DF7mrsQ,9BVpyspKTUCiFeXu2NgaRQ,711yhQc_Q0mv3FQWeqcc6Q,DEr7c7vbAk2OOSCMeaTzZw?mode=read&tenantId=81c0c692-d438-4e69-90f3-c0f2c88a4ec7



Biometric Screening

The Biometric Screening provides a snapshot of your health looking at your fasting total cholesterol and glucose. Blood pressure, height, weight, waist circumference and body mass index (BMI) also should be examined for a fuller picture, and can be done independently for 2021-2022 due to the pandemic environment. The screening is a collective review of your risk factors for developing heart disease, stroke and diabetes known as Metabolic Syndrome. Knowing your numbers provides the information to you for conversations with your personal physician. Do you know your numbers? If not, please plan to complete this health screening.

For fall 2021, a limited number of spots (100) for the biometric screening appointments are available (as walk-ins) at UPMC Carlisle Outpatient and Donor Center on select days during the months of September-October-November. Pre-registration⁴⁹ in Totara is required to receive a screening voucher for your Biometric Screening during the fall 2021 semester. Walk-in appointments are offered during select weeks /dates shown below - and a screening voucher is provided for presentation when you walk-in:

Walnut Bottom Professional Center | 419 Village Drive, Suite 7 | Carlisle PA 17015

- September 27, 28, 29 & 30

⁴⁹<https://totara.dickinson.edu/course/view.php?id=51>

- October 25, 26, 27, 28, 29
- November 23, 24, 26

Please Note: The UPMC Biometric Screenings are for EMPLOYEES ONLY. *Students interested in a biometric screening should contact the Wellness Center to schedule their screening at studentwellness@dickinson.edu⁵⁰ or by phone at ext.1663.*

Some additional screening options are available with a small fee based on option(s) selected. If you decide to opt for any of the screenings with fees, your fee payment will be collected via payroll deduction for ease of processing your payment.

- **Biometric Screening (Lipid Profile with fasting glucose, Total cholesterol, HDL/LDL, triglycerides): FREE**
- LiveWell Screening (includes the above Lipid Profile free screening) and many others to provide a snapshot of overall health: \$35.00
- Ferritin (snapshot of your iron level stored in your blood): \$20.00
- HbA1C (three-month look at your glucose levels to better detect diabetes): \$15.00
- TSH (snapshot of Thyroid and metabolic function): \$25.00

For more information, please email devwell@dickinson.edu⁵¹ or view the Biometric Screening⁵² course page in Totara.

17th Annual Run for Steph

Sunday, September 19 | 11:00 a.m. | Kline Athletic Center

A 5K run or two-mile walk in memory of Stephanie Kreiner '03, who was killed by a drunk driver in October 2004. Light refreshments will be served in the Kline Center following the race. All proceeds benefit the McAndrews Fund for Athletics. \$20 for students, \$25 for alumni, faculty and staff, friends and family, \$15 for virtual participants.

⁵⁰<mailto:studentwellness@dickinson.edu>

⁵¹<mailto:devwell@dickinson.edu>

⁵²<https://totara.dickinson.edu/course/view.php?id=51>

Sign up at

https://www.dickinson.edu/info/20388/alumni/2988/homecoming_and_family_weekend_schedule



Wellness Yoga Online with Julie Vastine, 200-hour RYT

Select Tuesdays beginning September 7-November 23 | 5-6 p.m.

Zoom Fitness Activity

Wellness Yoga will take participants through a series of asanas that stretch, strengthen, and relax the body and mind. This 60-minute class will start with guided centering breath work, move into gentle movements to warm up your muscles, head into a flow of yoga poses to build heat and flexibility, and end with a closing centering and relaxation. The class will also include a compassionate focus on alignment and the integration of breath with movement.

Previous yoga knowledge is encouraged but is not necessary. Please participate to your own comfort level and ability!

Enroll and sign-up via Totara⁵³ through the Gateway to obtain the Zoom link.

⁵³<https://totara.dickinson.edu/course/view.php?id=341>



Ethos Fitness - Camp Cardio

Join with ZOOM or attend LIVE, in person at Ethos Fitness | 265 Penrose Plaza, Carlisle

Starting Thursday, September 16 through November 18 | 4:30-5:30 p.m.

Join us for an energetic and fun, heart-pumping, calorie-burning cardio class.

This aerobic class will tone muscles and strengthen your heart with different aerobic formats such as: Hi/Lo, Strong, cardio-kickboxing, Zumba, and more. All you need is your body and some space to move.

Join us ***virtually via ZOOM, or at the Ethos Fitness Studio*** located at 265 Penrose Plaza, Carlisle, PA 17013! **Select your attendance option in Totara**⁵⁴.

REGISTRATION IS REQUIRED for the LIVE, in person session as space is limited.



Beyond Opioids: Alternative Treatments for Chronic Pain

Presented by UPMC Pinnacle

Wednesday, September 29 | noon- 1 p.m. | Zoom presentation

Substance use and abuse can happen to anyone – do you know and recognize the signs? Would you see and understand what was happening if a loved one or friend was having trouble? Attend this workshop to better identify, comprehend and handle situations at home or at work by learning about this troubling reality for our community. Information and resources are available - Knowledge is power!

Because of the risk of tolerance, dependency, addiction, and overdose, opioids should be a treatment of last resort for chronic pain. Attend this program to learn about alternative treatments, including NSAIDs, muscle relaxants, neuro-modulating medications, as well as interventional options including epidural and facet steroid injections, radio-frequency ablation, and spinal cord stimulation.

Enroll and sign-up in Totara⁵⁵ to obtain the Zoom link.

⁵⁴<https://totara.dickinson.edu/course/view.php?id=379>

⁵⁵<https://totara.dickinson.edu/course/view.php?id=300>



Crochet Your Way - Through December 2021

Instructor: Miriam McMechen

Alternating Mondays | noon-1 p.m. | TEAMS meeting online

The art of textile design and personal creations takes a variety of forms. One of the most loved handiwork arts allows for expression through yarn or other fibers to create items like cuddly afghans, warm scarves and ornate lace doilies. Hands-on crafting is an outlet for your creativity and also helps reduce your stress while producing some beautiful pieces. Learn how to get started in this medium by joining this noon-hour session presented by Miriam McMechen via TEAMS! Sign-up⁵⁶ to access the TEAMS meeting link!

Want to connect more outside of these virtual/live sessions? Join the DIG-IT group - Creative Fibers in TEAMS⁵⁷!

⁵⁶<https://totara.dickinson.edu/course/view.php?id=380>

⁵⁷<https://teams.microsoft.com/l/team/19%3aee71041c38a14963ae9683c1f7317bb0%40thread.skype/conversations?groupId=aa7372fa-7d7d-4e24-9a67-a18332a5fa4e&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>



Kline Fitness Center Orientation

A reminder regarding access to the Kline Fitness Center⁵⁸:

Until further notice, the Kline Fitness Center is no longer accepting any new members outside of our current Dickinson students, current staff, and current faculty. This means that employee family members, law school students and staff, alumni and alumni family members, are unable to sign up to use our facilities. Anyone who registered from June -September 6, 2021, will continue to have access. No new members will be able to complete the orientation and gain access to the facility. The fitness center is continuing to operate at a reduced capacity and reduced machine usage to ensure social distancing is possible. Therefore, we had to make the difficult decision to put a hold on all member sign-ups outside of our current on-campus Dickinson community. We appreciate your understanding in this matter.

FALL 2021 GUIDELINES

1. All participants using the fitness center must be fully vaccinated or provide proper documentation regarding an approved exemption. *Current students and current faculty/staff will be submitting through the platforms provided by the institution.*
2. All participants **MUST** have completed the online orientation⁵⁹ after June 7, 2021. ***Please Allow at least 48 hours for your card to be activated once the orientation is completed. Take your completed orientation page with you on your first visit.***
3. Certain machines will remain closed to maintain social distance.

⁵⁸https://dickinson.prestosports.com/facilities/kline_center/Index

⁵⁹https://dickinson.co1.qualtrics.com/jfe/form/SV_40HgCXHmuREVOqp

4. Masking regulations will follow that of the campus. If masks are required inside all campus buildings, this includes the Kline Fitness Center. Masks must be worn at all times if this is the requirement.
5. Each participant must check-in at the front desk of the fitness center prior to entering. Each participant must show either a Medical Green Dot or a Green Positive from the QR symptom tracker available at the front desk.

Fall Semester Hours

Monday - Thursday: 6:00 a.m. - 10:30 p.m.

Friday: 6:00 a.m. - 9:00 p.m.

Saturday: 9:00 a.m. - 7:00 p.m.

Sunday: 12:00 p.m. - 10:30 p.m.

Dickinson Personal Trainer

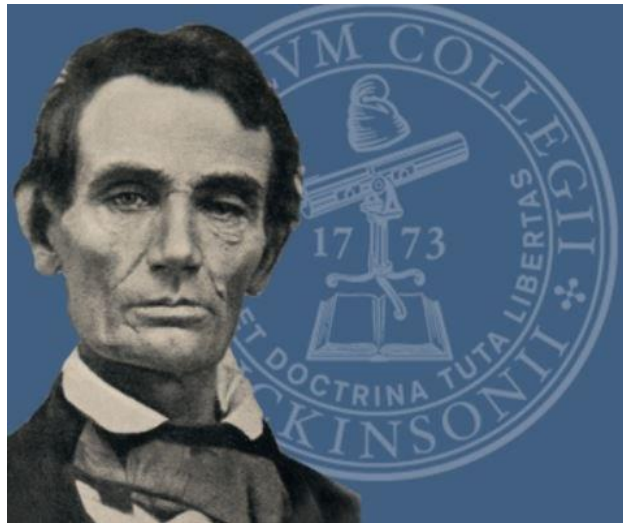
Padraic Wood is a personal trainer certified by the National Academy of Sports Medicine (NASM). He started training and coaching professionally in 2011, and soon began working in Carlisle at a local gym called Transformation Training and Fitness (TTF). During his six years at TTF, he worked with hundreds of people including several Dickinson faculty (and their children), staff, students, and alumni. In 2019, he was generously afforded the opportunity to offer his services as a personal trainer and wellness coach working out of the Kline Fitness Center and **HE IS BACK IN 2021!**

If you'd like to schedule a consultation or discuss personal training options and rates, email Padraic Wood at coachpwood@gmail.com⁶⁰.

For those of you who received a certificate for your participation in the Wellness@Dickinson Program but you were not able to "cash it in" due to the pandemic, please reach out to Padraic. He is willing to honor your unused certificates!

⁶⁰<mailto:coachpwood@gmail.com>

Professional Development



Dickinson & Slavery Walking Tour⁶¹ | Sign Up Now⁶²!

Monday, September 20 | 12:30 - 1 p.m. | Starting Point: Old West

The six stops on the Dickinson & Slavery Historic Walking Tour include:

- **Stop 1: Slavery & Dickinson's Founding**— Marker describes contributions of enslaved people to the college's founding and the contradictory views of the founders regarding slavery. *Location: Old West*

⁶¹<https://totara.dickinson.edu/mod/facetoface/view.php?id=1481>

⁶²<https://totara.dickinson.edu/course/view.php?id=399>

- **Stop 2: Dred Scott Case** —Marker explains the role of Dickinsonians on both sides in the controversial Dred Scott Case (1857). *Location: Behind East College*
- **Stop 3: House Divided Studio**— Outdoor markers and murals help commemorate the role of free Blacks and formerly enslaved people in Dickinson history. *Location: 61 N. West Street*
- **Stop 4: Pinkney Gate**— Marker honors both Carrie and Noah Pinkney, popular Carlisle food sellers during the late nineteenth and early twentieth century. *Location: West Street, facing East College*
- **Stop 5: Black Employees**— Marker highlights the contributions of various Black employees during the late nineteenth and early twentieth century. *Location: Bosler Hall*
- **Stop 6: Spradley-Young Hall**— Banner marks the rededication of this residence hall in honor of Henry W. Spradley and Robert C. Young, two longtime employees of the college and noted community leaders. *Location: Former Cooper Hall, High Street*

Members of the college community who would like to participate in the walking tour should meet in front of Old West near the steps at 12:30 p.m. on September 20. Tours can be undertaken either self-guided or guided. The guided tours will take around 30 to 40 minutes and will be entirely outdoors. For more information, download the tour brochure⁶³ or view the online tour site⁶⁴ with supporting videos and other content. Enroll and sign-up in Totara.



Building Campus Inclusion Week begins on Monday, September 20 and continues through Friday, September 24. *Join us on Britton Plaza between noon-1 p.m. each day to enjoy and learn through a variety of activities and programs supporting our inclusive campus community! Programs are scheduled throughout the week highlighting topics to welcome everyone back, and to bolster inclusion while enhancing our campus community.*

Click here⁶⁵ to view the event schedule.

⁶³<http://housedivided.dickinson.edu/sites/slavery/files/2021/03/Dickinson-Slavery-Tour-Brochure.pdf>

⁶⁴<http://housedivided.dickinson.edu/sites/slavery/tour/>

⁶⁵https://www.dickinson.edu/info/20229/women_s_and_gender_resource_center/1858/programs_and_events/2



Book Discussion groups are a great way to expand your mind, discover new topics of interest and explore the world through the art of conversation. If you are interested in joining an informal Book Discussion group, simply click the TEAMS link and join us! TEAMS Book Discussions⁶⁶ is a TEAMS group where books are determined by the membership, and discussions will be scheduled based on participants availability. Send an email to devwell@dickinson.edu⁶⁷ for more information or any questions!

Contact Us



⁶⁶<https://teams.microsoft.com/l/team/19%3a27de690cacf14c2ea4d3a8154e4a6c57%40thread.tacv2/conversations?groupId=27caa8da-4819-4213-b8cb-f8261fdb24c4&tenantId=6232b055-76b9-4c13-9b88-b562ae7db6fb>

⁶⁷<mailto:devwell@dickinson.edu>

Physical Wellness Program Incentive Prize Winners

Fitness participant winners for the months of August and September will be included in the October issue of Vitality. The Physical Wellness incentive prize winners for the each months are randomly selected for their fitness program participation. Eligibility for the monthly incentive drawings includes all active/registered employee participants in all physical exercise programs offered through the Wellness program, in addition to the Marathon-in-a-Month. The random drawings are held after the close of business on the fifteenth of each month for the previous month. All physical exercise programs that have registration via Gateway will automatically be included in the monthly drawings. For more details or to request a form to record your marathon-in-a-month miles, please send an email to devwell@dickinson.edu⁶⁸ or call ext. 8084.

Wellness Incentive Taxability Notification

We thank you for being an active participant in the wellness programs at Dickinson College. We value all employees and offer a variety of programs throughout the year to encourage wellbeing while offering educational, fun opportunities to engage the mind and body while creating a positive inclusive social environment for the campus community. We hope you enjoy participating in these programs and events throughout the academic/fiscal year.

In recognition and appreciation of your participation in the wellness programs, we offer healthy reward incentives. As a reminder, in accordance with IRS regulations, awards and gifts to employees from the college are considered taxable income and the college is required to withhold taxes.

The value of your incentive(s) will be added to your income through payroll, which could result in a decrease in your net pay because of additional tax withholdings on the value or dollar amount. The tax withholding will coincide with the payroll period closest to the date that you receive your annual incentive reward. Please contact payroll with any questions related to this additional withholding.

Professional Development & Wellness Program Registrations and Attendance

The college offers many opportunities for professional development and wellness programs throughout the year, providing enrichment of staff and, when appropriate, their families as well. Registration for the majority of the programs offered is available through the Gateway⁶⁹ or by contacting Human Resource Services. To offer an equal opportunity for all employees to participate in these programs, we request staff members to register after confirming availability with supervisory staff to ensure that scheduling permits attendance.

⁶⁸<mailto:devwell@dickinson.edu>

⁶⁹<https://gateway.dickinson.edu/>

In the event that you register and find that you are unable to attend, our policy⁷⁰ requests cancellations 48 hours prior to the start time of the program or event so that we can offer the spot to another. This will also allow us to adjust registration counts with CASE and the catering department. Giving advance notice of cancellation allows for the college's resources to be allocated in the best possible way and is a sustainable practice for us all.

Campus Resource Quick Links!

How To Guide⁷¹

Dickinson Download⁷²

Dickinson/Biking⁷³

Dickinson/College Farm⁷⁴

Dickinson/Sustainability⁷⁵

Trout Gallery⁷⁶

Theatre & Dance⁷⁷

Campus Announcements⁷⁸

Campus Events Calendar⁷⁹



2 - Professional Development and Wellness

PO Box 1773 | Carlisle PA 17013-2896

717-245-1503 | devwell@dickinson.edu⁸⁰

⁷⁰http://www.dickinson.edu/info/20314/professional_development_and_wellness/1502/policies_and_procedures

⁷¹[http://www.dickinson.edu/info/20043/about/1562/dickinson_\"how_to\"_guide](http://www.dickinson.edu/info/20043/about/1562/dickinson_\)

⁷²http://www.dickinson.edu/info/20198/technology_services/3261/the_dickinson_download

⁷³<http://www.dickinson.edu/info/20052/sustainability/2317/biking>

⁷⁴<http://www.dickinson.edu/collegefarm>

⁷⁵<http://www.dickinson.edu/sustainability>

⁷⁶<http://www.troutgallery.org/>

⁷⁷<https://www.dickinson.edu/theatreanddance>

⁷⁸<https://www.dickinson.edu/announcements>

⁷⁹<http://www.dickinson.edu/events>

*Human Resource Services Website*⁸¹

⁸⁰<mailto:devwell@dickinson.edu>

⁸¹https://www.dickinson.edu/homepage/122/human_resource_services