



Dan Sands

Each month, the Communicator will feature a story about a randomly selected employee on campus. Learning about our colleagues helps to build community and is interesting—because everybody has a story!

DO YOU KNOW???

Staff are eligible for volunteer grants of up to \$150.00 to support a wide variety of community service projects!

For more information:

bates.edu/x156539.xml

or contact Marty Deschaines at extension 8273.



Everyone Has A Story—Dan Sands

Named by a colleague as the “best kept secret at Bates”, Dan Sands lives up to his reputation.

Born in Lewiston, and raised in both Lewiston and St. Petersburg, Florida, Dan appreciates the opportunity he had to grow up in two states with very differing cultures. Although he would not have chosen to move between the two, he appreciates the diverse perspective he gained from living between the two locations.

Drafted into the Army at age 18, Dan spent a couple of years in the military overseas before entering the world of construction, where he has been working in some form since his discharge from the military. Dan worked on the Bates campus for a contractor when he was approached to apply for a regular staff position. He applied and a year later he was contacted about the position. Dan has now been working at Bates for over 21 years! (It would seem that the wait to hear from us was

worth it!)

As a self-described practical joker, Dan is serious when he talks about why it’s great to work at Bates. He enjoys the great working atmosphere, the sense of community, the friendly people and, in particular, the talented group of individuals he works with in the trades. As Carpentry and Paint Services Manager in Physical Plant, Dan takes pride in his ability to see the big picture and the fact that he works with a group of self-starters who make his work experience enjoyable.

In addition to his work on campus, Dan has a number of hobbies and interests that put him in a group with the many artists on campus. A love of music, combined with a talent for woodworking “gets him through the [Maine] winters.” He usually selects a challenging project to work on through the winter. He loves working with and around wood and describes a passion for the uniqueness that is

inherent with using such a medium.

Dan is known to be heard playing his guitar in the morning before beginning his day, perhaps a habit leftover from his brief time touring with the Grateful Dead. Music has been an interest of Dan’s from a young age and he is not unwilling to share his talents as a guitarist. Dan put together a band to play at the Physical Plant holiday party last year.

If you haven’t met Dan, be sure to introduce yourself the next time you pass him on campus and discover one of the “best kept secrets at Bates.” You will not be disappointed to experience first hand the man colleagues describe as “honest, dependable and more than fair.”

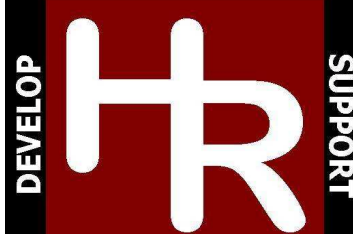
Editor’s Note: For those wondering, Dan didn’t actually tour with the Grateful Dead. Bob Leavitt told him to say this to “spice up” his story and we thought it would be fun to humor Bob.

New Employees—January

Joshua Angell, *Short Order Cook*, Dining Services

Marge Parent, *Student Financial Services Asst*, Student Financial Services

Christine Cuevas, *Service Employee*, Dining Services



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MARCH 2009

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- To reach an Informed Health® Line Nurse, please call:
1-800-556-1555
For TDD (hearing and speech impaired only):
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Audio Health Library

The Informed Health® Line audio health library contains information on thousands of health topics such as common conditions and diseases, gender- and age-specific health issues, dental care, mental health and substance abuse, weight loss and much more. Each health topic in the audio health library has a corresponding topic code. View a complete list of topic codes on the HR website at <http://www.bates.edu/PreBuilt/hr/hr-aetna-health-library-topic-codes.pdf> or through your Aetna Navigator Account.

To access the audio health library system, call the Informed Health Line toll-free number and simply enter the topic codes you’re interested in. And if you have questions, you can transfer easily to an Informed Health Line nurse at any time.

To access the Informed Health Line audio health library, please call:
1-800-556-1555
For TDD (hearing and speech impaired only):
1-800-270-2386

Healthwise® Knowledgebase

If you prefer to view health information online, you can access the Healthwise Knowledgebase through your Aetna Navigator Account. Once logged in click on the site map and access the data base under the Health Programs link.

The Healthwise Knowledgebase contains detailed information about health conditions, medical tests and procedures, medications and treatment options. It also features illustrations and decision-focused tools to help you make more informed health care decisions.

** Informed Health Line nurses cannot diagnose, prescribe or give medical advice. Contact your physician with any questions or concerns regarding your health care needs. Also, the topics discussed by the nurses, on the audio tapes or online may not necessarily be covered by your health plan.*

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Staff Enrichment Week

Staff Enrichment Week is June 15–19

The Staff Development Committee is busy planning lots of terrific workshops and just like last year, there will be a variety of workshops to choose from. Workshops planned for this year include:

- From Farm to Table—Following Food to Bates
- Hidden Money in Your Home—Conducting Your Own Home Energy Audit
- Diverse Issues of Race and Class
- Gardening in Maine
- Live, Learn & Pass It On—Personal Storytelling
- Day Hiking in Maine
- Communication Strategies
- Desk Top Publishing

The "Safety Guys"



Ray Potter & Jim Guzelian

Symptoms of Carbon Monoxide Poisoning

- Tiredness
- Drowsiness
- Headaches
- Giddiness
- Nausea
- Vomiting
- Pains in the chest
- Breathlessness
- Stomach pains
- Erratic behavior
- Visual problems

Carbon Monoxide: "The Invisible Killer"

Carbon monoxide (CO), known as the "Invisible Killer", is a colorless, odorless, poisonous gas that results from incomplete burning of fuels such as natural gas, propane, oil, wood, coal, and gasoline.

CO sources can include malfunctioning appliances -- including furnaces, stoves, ovens and water heaters that operate by burning fossil fuels such as natural or liquefied petroleum (LP). When malfunctioning appliances aren't adequately ventilated, the amount of CO in the air may rise to a level that can cause illness or even death.

Other potential CO sources include vehicles idling in garages or adjacent to open doors and windows, electrical generators used in emergencies, blocked chimney flues, Coleman fuel stoves, kerosene lamps, and charcoal grills used in the home, tent, camper, garage or other unventilated areas.

The most important steps are preventive ones: have a qualified service professional inspect your fuel-burning appliances at least once a year and install UL Listed CO alarms outside of sleeping areas and near all fuel-burning appliances. Other smart tips include:

1. Never operate vehicles, snow blowers, lawn mowers or other gas combustion equipment in closed garages.
2. Never use charcoal grills or Coleman fuel stove indoors during power outages.
3. Never operate gasoline generators indoors and make sure the equipment is at least 10 feet away from any window or door openings.

Early symptoms of carbon monoxide (CO) poisoning can mimic many common ailments and may easily be confused with food poisoning, viral infections, flu or simple tiredness.

Many cases of reported carbon monoxide poisoning indicate that while victims are aware they are not well, they become so disoriented that they are unable to save themselves by either exiting the building or calling for assistance. Young children and household pets are typically the first affected.

If you think you have symptoms of carbon monoxide poisoning or your CO alarm is sounding, contact the Fire Department (911) as soon as possible and exit the building. Do not re-enter the home until it has been aired out, the problem corrected, and the ambient air tested by the local fire department or health professional. Before you re-enter your home make sure the source of the carbon monoxide has been identified and corrected by a qualified repair technician, and that you replace your carbon monoxide detector.

The College Store

Did you know that 60% of the revenue from the bookstore comes from textbooks? And of that percentage, new textbooks account for 70% of all textbook sales. Other revenue generated from the bookstore comes from clothing (18%), and the rest from candy and convenience items. Approximately 500 hooded sweatshirts are sold every year!

There is an entire section devoted to Bates authors: alumni, faculty, and

other Bates-connected individuals.

Dates of Interest in March

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|------------|--|
| March 5th | • Bi-weekly pay date |
| March 12th | • Monthly pay date |
| March 19th | • Bi-weekly pay date
• Supervisor Training Series: <i>Facilitating Effective Meetings</i> |
| March 20th | • Class of 1997 Scholarship Applications Due |



Each month, the Communicator highlights a program, interesting fact or accomplishment of a department or office on campus. March's featured office is the College Store.

The Mediterranean Diet

One of the best diets for optimum health is the Mediterranean diet. This diet emphasizes fruits, vegetables, nuts, beans, whole grains, olive oil and other plant based fats. It includes fish and white meats in moderation, occasional alcohol—one drink per day. It is low in red meat as well as high fat dairy products. Research has suggested that people who follow the Mediterranean diet have a smaller risk of developing type 2 diabetes and heart disease.

In one recent study, scientists followed 13,380 healthy Spanish university graduates for an average of four and a half years. They found that the people who followed the diet to the highest adherence had 83% less risk of developing type 2 diabetes than those who had the lowest adherence to the diet. In another study called the "Lyon Diet Heart Study" researchers looked at a group of adults who were diagnosed with heart disease. They

found that the people who followed the Mediterranean diet had 50-70% less risk of recurrent heart disease. The take home message is to eat more plant based foods, less processed food and less red meat. to reduce your risk for both heart disease and diabetes.



~Mike Milliken
Wellness Coordinator

Recognition of Attendance

This year marks the 3rd year that the College will recognize non-exempt employees who used one day or less of sick time in the previous calendar year.

In 2008, there were 18 employees who met the above mentioned criteria for recognition. Eight of the employees being recognized this year were also recognized last year and 3 have qualified all 3 years.

A special thank you is extended to those employees recognized. Your outstanding attendance demonstrates a remarkable commitment to your job and to the Bates community!

Notes from Bates College Staff Association

Congratulations to the newly elected officers of the BCSA Steering Committee! Elected for one year terms are: Brenda Sawyer, Secretary; Julie Retelle, Treasurer; Jim Guzelian, Vice-Chair and Lori Ouellette, Chair. All steering committee meetings are open to all staff, as are all sub-committee meetings.

Come join the Publicity and Events Committee, or the Compensation and Benefits Committee and let your voice be heard.

Watch for updates to the BCSA webpage:

www.bates.edu/bcsa.xml

COMING SOON

Financial Development Series

The Staff Development Committee has planned a **Financial Development Series** during the month of April. Once a week a class will be offered to help you understand all your finances including cash management, investing, insurance, and preparing for retirement. The classes will be taught by Bates graduate, Leslie Couper, CFP, Senior Vice President for Northeast Financial. Watch for course descriptions coming soon – registration will be through the Garnet Gateway.

Need to pay your child's tuition?

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If you are an hourly paid employee with a child in college, please consider applying for the **Class of 1997 Scholarship!** For more information, contact: Jennifer Richard at [jrichar4@bates.edu](mailto:jrichar4@bates.edu) or 786-6476. *Application deadline is March 20th.*