

Communicator

MAY 2011

2nd Annual B Well 5K

On the morning of Friday, June 17th the B Well masses will be gathering together at a starting line on Alumni Walk for the second annual B Well 5K Run / Walk. If this year's event is anything like last year, the crowd will be filled with employees representing most (if not all) departments on campus. It will also be the finale of this year's Staff Enrichment Week.

The course will be very similar to last year's, winding through most of the major sections of campus, around the Russell St Track and through the Quad. It crosses Central Avenue by Commons, but other than that, is entirely on the paths of campus. The terrain is fairly flat with two brief uphill sections and a gradual downhill finish down Alumni Walk. It will remain on pavement for the entire

route. A 5K is 3.1 miles in distance and the overall average time (for all runners and walkers) was between 40-45 minutes.

This event is suitable for all ages and fitness levels and is only competitive if you choose. Many participants last year chose to walk the entire route while others ran. Some decided to combine walking and running. Any method is acceptable!

Josh Henry from Chemistry and Helen Boucher from Psychology will be defending the Men's and Women's title from last year when they lace up their sneakers. Henry beat out runner up Kelly Kerner, Vice President for Advancement, to post the course record time of 21 minutes flat. Boucher set the women's mark at 26:53 when she breezed across the line.

For those of you who are not sure if you are ready for the 5K, Jan Perreault is running a "Couch to 5K" training group weekly on Monday and Friday. The group meets at the Puddle at 4:45pm. The group is for any level of fitness. Contact her at

jperreau@bates.edu if you have questions, or simply show up.

If you are not interested in participating in the run/walk, we are looking for volunteers to help staff the course. We also encourage non-participating members of the college community to come out and cheer for your colleagues! Sign up is now available on Garnet Gateway under the events tab. Last year we had 90 participants; how many will we get this year?

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Sign up for the B Well 5K on the GARNET GATEWAY today!



Read any good books lately?

It's spring in Lewiston and that means it must be time for the annual solicitation for good summer reading. For this popular tradition, now in its 15th year, the bookstore compiles all of the suggestions received and creates a list, especially for our graduating seniors, that we call Non-required Reading.

The bookstore publishes a limited number of these highly-coveted pamphlets. The list is also displayed on the bookstore web site and sent to a growing number of eager alumni and friends each year. Over the years,

suggestions have stretched from NYT best-sellers to the classics, cookbooks to poetry, children's books to gardening essays. Winston Churchill, Harry Potter, Julia Child, Olive Kitteridge, Andre Agassi,... they've all made the list!

Take a moment to send us the title of a book you've enjoyed/struggled with/been influenced by (this year or in past years) so that we may include your suggestion(s) in our list of non-required reading. Multiple suggestions are encouraged, and brief yet enticing testimoni-

als are most welcome. The annual caveat: if admitting your leisure reading choices seems too risky, perhaps you could send us the title of a book with a great-looking cover! We'll even take suggestions of titles you think we might do well to avoid.

Please submit suggested titles to the book store no later than May 11, 2011.



New Staff

Roger Fournier, *Custodial Supervisor*, Physical Plant

Allen Lessard, *Sanitation Worker*, Dining Services

Jason Tardiff, *2nd Cook*, Dining Services

Liana Thompson, *Office Coordinator*, Multifaith Chaplaincy

Class of 1997 Scholarship Committee

The Class of 1997 Scholarship was established by the Class of 1997 to support the children of hourly-paid Bates College employees in their educational pursuits. Recipients use the scholarship winnings to offset educational experiences. A committee of Bates College employees reviewed many qualified student applications and selected two outstanding and deserving recipients.

The 2010-2011 awards will be granted to Mary Beth Moyer and Jesse Perreault.

Mary Beth is the daughter of Michael Moyer who works in Campus Security. Mary Beth is an international studies major with a minor in political science at the University of Maine at Farmington, and will graduate in 2012.

Jesse is the son of David Perreault and stepson of Kelly Perreault, both employees of Dining Services. Jesse is a senior at Leavitt Area High School and has worked in Bates Dining over the last two years. Jesse plans to attend either the University of Maine at Farmington, or the University of Maine at Orono.

Congratulations Mary Beth and Jesse!

Dates of Interest in May

12th Bi-Weekly and Monthly Pay Date

26th Bi-Weekly Pay Date

Pointy Sharp Things

There are an incredible number of sharp and or pointy things which we encounter both intentionally and accidentally in life. Chances are most of us don't spend a lot of time thinking about them. That's why we have safety guys and gals...right? It makes sense to pause, every now and then, to consider the things that we rarely think about which can do us harm. To bring some order to this consideration let's think about the various places where we spend time.

Almost all of us can be found in the kitchen at some point in our day. Maybe we aren't the principal manager of this space but we all use its contents. All sorts of instruments lie in wait in drawers and cabinets to poke or bite the unwary visitor...knives in every shape and size, peelers, scrapers, graters, corers, pitters, blenders, choppers, slicers and who knows what else. Next time you're there take a look at how these devices are stored. Are knives kept in places where the edges are covered? Are the other devices stored so that accidental contact with blades is unlikely? Are all of these things kept out of reach of children? And before we leave the kitchen, consider two points. First, do you use these devices as designed and with full concentration? And second, how often do things break in the kitchen?

Think about plates, glasses, jars, bottles and grandma's fine crystal wine glasses. Don't pick up broken glass with bare hands! Wear puncture resistant gloves or, better yet, use a dust pan and brush. It will be safest for everyone if you can dispose of the pieces in a cardboard container or a sealed can.

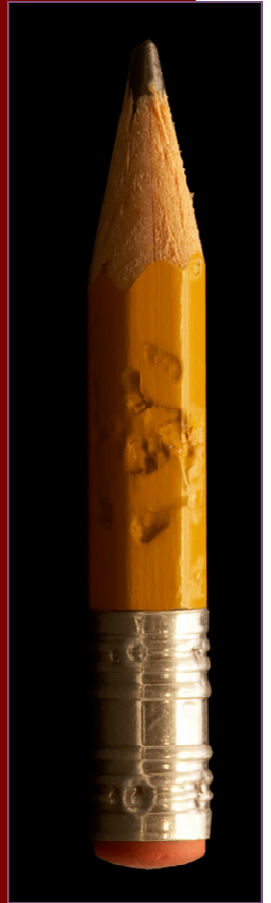
As we move on to the craft room or the workshop a whole new world of edges and points await us. In the world of work OSHA has offered up a program to protect us called Lock Out/ Tag Out or control of hazardous energy. Practice this at home too. Unplug the saw, the router, the sander or the drill when changing the sharp or pointy parts. Focus! Keep your mind on what you are doing and if you are accident prone or concerned about injury wear gloves. Good sturdy leather gloves or Kevlar gloves can save you a lot of skin and blood. But remember to take them off before operating any equipment they might get caught in. And this is a good place to mention that you ought to be wearing good sturdy shoes in case you drop that saw blade or turning chisel on your foot.

We could go on about sharp hazards in lots of places but I'll finish with one more location and one specific type of hazard. The garage or barn is filled with all those

sharp and pointy lawn and garden care tools like lawn mowers, edgers, hedge trimmers, clippers, pruning shears, chain saws, pitch forks, axes, pole saws, etc., etc.,.... Remember those gloves and sturdy shoes. Follow the manufacturer's recommendations when changing or sharpening blades. If you use a chain saw take every precaution you can. Wear chaps, a face shield, gloves and steel toed shoes. Stay alert, not only regarding your proximity to the sharp and or moving parts, but also to your proximity to kids, neighbors, mail persons or casual onlookers who love to see you hard at work.

And finally, that special hazard I alluded to.... If you, or anyone in your family, uses needles to dispense medication pay particular attention to sharps protocol. Do not try to recap needles. Place a used needle in a hard surfaced disposal container, preferably one that prohibits reaching inside. Don't throw unprotected needles into the trash container for some unsuspecting person to find with a hand or foot when they try to compress the trash.

I'm sure you get the Point. You now have an awakened sense of caution and will stay Sharp when dealing with things that bite, tear and jab. Think Safety.





Barbecue, anyone?

Cooking outdoors was once only a summer activity shared with family and friends. Now more than half of Americans say they are cooking outdoors year round. So whether the snow is blowing or the sun is shining brightly, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing a foodborne illness. Use these simple guidelines for grilling food safely.

Home First

When shopping, buy cold food like meat and poultry last, right before checkout. Separate raw meat and poultry from other food in your shopping cart. To guard against cross-contamination — which can happen when raw meat or poultry juices drip on other food — put packages of raw meat and poultry into plastic bags.

At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used in 1 or 2 days; freeze other meat within 4 to 5 days.

Thaw Safely

Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing or thaw sealed packages in cold water. You can microwave defrost if the food will be placed immediately on the

grill.

Marinating

Marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. However, if the marinade used on raw meat or poultry is to be reused, make sure to let it come to a boil first to destroy any harmful bacteria.

Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out the meat and poultry that will immediately be placed on the grill.

Keep Everything Clean

Be sure there are plenty of clean utensils and platters. To prevent a foodborne illness, don't use the same platter and utensils for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

Precooking

Precooking food partially in the microwave, oven, or stove is a good way of reducing grilling time. Just make sure that the food goes immediately on the preheated grill to complete cooking.

Cook Thoroughly

Cook food to a safe mini-

mum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature. NEVER partially grill meat or poultry and finish cooking later.

Keep Hot Food Hot

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200 °F, in a chafing dish or slow cooker, or on a warming tray.

Serving the Food

When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. In hot weather (above 90 °F), food should never sit out for more than 1 hour.

Leftovers

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperatures are above 90 °F).

Source:

United States Department of Agriculture