

Communicator

OCTOBER 2010

Bates Awarded FEMA Grant for Fire Safety

Think back: when was the last time you had any fire safety training? Some have participated in fire extinguisher training here at Bates. Many will have to struggle to remember way back to elementary school or high school fire drills. For a lot of students, staff and faculty, those school experiences may well have been the last time any thought was given to the subject.

When you want to get people to think about the risks of fire, how to prevent fires or how to respond if they encounter fire, how do you grab their attention? The Environmental, Health and Safety staff had an idea based on some reports from other colleges and universities and learned about a special grant program from FEMA, the Federal Emergency Management Agency, which might help fund our idea. A half day program was designed and the grant application was submitted. After waiting for what seemed like a long time we've learned that we have been awarded \$11,850 to implement our "Fire Safety Day" program.

With the goal of attracting and educating the Bates community, our students in particular, we de-

signed a program with four key elements:

To be effective and engaging we felt it would be important to have student **INVOLVEMENT**. Students have been invited to help with planning, promotion and videotaping of the event. The student government was approached for help in connecting Environmental, Health and Safety personnel with interested students. You will see the results of their participation in posters, logos on giveaways and in the final video which will be produced as a training tool for future classes. In addition, the students will enjoy and benefit from the involvement and collaboration with the Lewiston Fire Department.

ACTIVITY is also an important element of the planned event. The biggest impact should arise from the live burn of a simulated dorm room which will be constructed by Bates carpenters and furnished with typical dorm room "stuff". The point of this activity is to demonstrate how quickly fire starts, how rapidly it spreads, how much smoke and toxic gases are generated and how typical alarm systems work to alert occupants. There are bound to be a

few surprises. In addition to witnessing the live burn, students (and other brave souls) will have a chance to either navigate a trailer filled with theatrical smoke or to make their way through a maze wearing special glasses that simulate various levels of intoxication.

Participants will be able to collect a variety of themed **GIVEAWAYS**, some useful, some instructional and some just fun. All will hopefully serve as reminders of the importance of keeping the dangers of fire in mind.

When it is all over we will have a **TEACHING TOOL** in the form of a video which captures the important messages of the day, student reactions, and a recording of the dorm room burn which will serve as a permanent record of the day's events. This production will be available as a training tool for future classes attending Bates and may even be shared with other schools.

While the funds provided by this grant are modest, we hope the impact and benefits derived from the project will make a huge impression on participants. We look forward to seeing many of you at the event on October 27th (rain date October 28th)!

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Eyes ARE the Prize

Ever stop to think what it would be like if you could not see? The world and the way we perceive it would be very different. Let's take a few moments to consider the risks to our amazing eyes and to remind ourselves how easy it is to protect them.

We engage in lots of different activities in our daily lives both at work and away from work: in recreation, in our hobbies, in personal care, in home maintenance and in all the many aspects of our personal lives. Each of these categories can expose us to risks which might include particles entering our eyes, impact from objects, chemical splashes, heat, bright lights or harmful rays, biological contaminants or potentially pathogenic materials. In addition, those of us who need corrected vision may rely on contact lenses which can sometimes intensify or exaggerate hazards.

The best way to protect our eyes is to match the appropriate protective

equipment to the hazard or to the multiple hazards we might encounter. For example, when sanding, grinding or scraping surfaces, goggles or safety glasses with side shields make a lot of sense. When weed whacking, power sweeping or blowing sand and debris, wearing ANSI approved equipment will ensure that the eyewear at least meets reasonable impact resistance standards. When handling toxic or corrosive chemicals such as we might use in cleaning, paint stripping or some crafts requiring chemicals, it's smart to use double protection such as chemical goggles and a face shield. If work involves the use of biological or pathogenic hazards, double protection is also warranted. This double shield will keep chemical splashes or biohazards from running down your forehead into your eyes. If the hazard is in the form of a gas or mist, it would be necessary to provide even greater

protection. Remember, though, using a full face respirator to get this level of protection requires medical clearance, fit testing and training to assure proper use.

If you are a welder, or if you work with lasers, you'll need to select eyewear specifically designed to filter out intense light or damaging wavelengths of light. Working in extreme heat can dry out the eyes and do serious damage; special ventilated headgear with protective lenses is a must.

While this short article does not cover every possible type of eye hazard and every available type of personal protective equipment, I hope you understand this important safety message and will take steps to protect your eyes. They are amazing organs and deserve all the care we can give them.

~Ray Potter

New Staff—September 2010

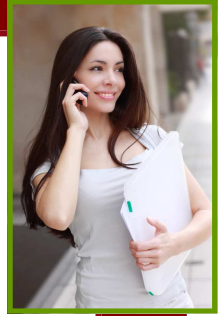
Erica Belanger, *Cash Op Worker*, Dining Services
Todd Lester, *Groundskeeper*, Physical Plant
Leo Levesque, *Sanitation*, Dining Services
Christopher Taylor, *Groundskeeper*, Physical Plant



Dates of Interest in October

14th Bi-Weekly and Monthly Pay Date
28th Monthly Pay Date

Supporting Your Child's Transition to College: Tips for The First Visit Home



Renegotiate household expectations. After some time at college, your child will be used to making her own decisions about how to spend her time. You, however, may have strong feelings of your own if she comes in late at night, sleeps late in the morning, or arrives late for dinner. Most college students respond well if their parents treat them with respect. For example, you might say, "I know you're used to being out until all hours of the night at school, but I can't fall back to sleep when I awake at two in the morning and you're not here. How can we handle this situation so that we both feel good about it?" It takes flexibility and communication to find common ground.

Allow your child to complain. It is not uncommon for freshmen to come home dur-

ing Thanksgiving or winter break saying that they want to transfer to another college. The school, they say, is not what they expected. Listen to your child's complaints. Encourage him to hang in there a little longer. Most students weather disappointment and grow fonder of their school with time.

Understand that the college years are a time for exploration. While away, your child may adopt a new look or different politics, philosophies, or eating habits. Such changes are usually not permanent. Try to take a step back and pick your battles wisely. Above all, maintain your sense of humor.

Expect change. During the undergraduate years, many students change the way they think, look, and act. They also change their majors and career

goals. Try to have patience when your child is uncertain and support her as she charts the course of her own life.

Realize that college students care more about what their parents think than they will admit. Your child will quote you, talk about you, and look to you for encouragement. As he makes the journey toward adulthood and independence, he may want your advice at times, but at other times, he may just want you to listen. As one student put it, "We just won't tell you which time is which."

Karen Levin Coburn and Madge Lawrence Treeger, authors of Letting Go: A Parents' Guide to Understanding the College Years.

Abdominal Hollow: Strengthen Core, Avoid Lower Back

Is your lower back sore after every time you do yard work or after each exercise session? Chances are your low back needs strengthening and your core needs stabilizing.

Here is a simple exercise for the core that you can do: the Abdominal Hollow.

Before using the Abdominal Hollow, you first need to practice breathing from your diaphragm. Lie on your back and put one hand over your chest and the other on your abdomen. While breathing in, the hand over your stomach

should rise before the hand over your chest, every time. If not, start practicing!

Once you have mastered breathing from your diaphragm, you can work the core. Lie on your back again with knees bent and feet on the floor. Take a deep breath in from the diaphragm. As you exhale the breath, pull your stomach inwards (toward the floor) with the muscles of the abdomen (not your buttocks!). It will almost be like you are trying to create a bowl between the lower ribs and your pelvis.

Keep pulling the abdomen in as far as you can. You should feel the deep muscles of the abdomen (the transverse abdominus) tighten up and contract at this point.

Once you have gotten to this position hold it and the contraction for 10s. Repeat the same procedure 2 more times.

The most important thing to do while you are holding the contraction is to breathe; don't hold your breath! Work up to holding the contraction for 20s, 30s, 45s, 60s, etc.

~Mike Milliken



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!

Everybody Has a Story—Luke Clavet

In interviewing for this feature, I've noticed a trend—a lot of our employees have deep roots in the Lewiston/Auburn community and have family ties that know no bounds. The same can be said for this month's featured employee: Custodian, Luke Clavet. What's remarkable about Luke's work history is not just that he's a 20 year employee of the College, but that he was once told he would never work or walk again.

Involved in a near-fatal motorcycle accident when he was 20, Luke credits his family and friends with helping him to get where he is today. This accident is the focal point of Luke's story as it was truly the defining moment in his life. Following the single cycle accident, Luke was in a coma for 19 days, followed by a hospital stay in excess of 5 months. He was confined to a wheelchair and told by

doctors that he would never walk or work again. Upon his release from the hospital, Luke's family and friends dedicated a significant amount of their time supporting him in his recovery. Prior to the accident, he was a rising star in the athletic world, playing both hockey and baseball all over New England and Canada. Needless to say, a diagnosis of paralysis was devastating. However, Luke and his family refused to give in. His father built him rehabilitation equipment in the backyard and they worked tirelessly together to get Luke on his feet again.

Although having recovered his ability to walk, he still faces many challenges, 20+ years later. Although he has little recollection of his life prior to the accident, he is able to recall details if described to him by friends and family. One of the most frustrating aspects of his

recovery has been that although he can remember how to perform tasks, his body simply will not cooperate and he is challenged to complete tasks that he knows should be easy for him.

Luke is an example of how with the support of loved ones, the seemingly insurmountable can be overcome. In addition to having been able to work for the last 20 years, he has married and has 6 stepchildren, 13 grandchildren and 2 great grandchildren. The most surprising thing about Luke is not that he's faced this battle and won, but that if given the chance, he would get back on a motorcycle in a heartbeat. His only regret is the heartache that the accident causes his family. While some may think his view is a little crazy, it speaks to the daredevil that still exists in the heart and soul of Luke Clavet.

Random Thought

I think the freezer deserves a light as well.