

COMMUNICATOR

INFORMING THE BATES COMMUNITY

APRIL 2014
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Bates Green Certified

Eco Service Day 2014

Hannah Mitchell '14 and Ashley Braunthal '14, EcoRep Coordinators of EcoService Day, Office of Sustainability

Each spring Bates honors Earth Day by sponsoring a day of service in which students, faculty, and staff come together to work on environmental projects at Bates and around L/A. Pitch in, bring your family along, and get your hands dirty!

This fun-filled morning on Saturday, April 26 begins at 9:30 am (coffee and donuts provided) and projects run from 10 am-12 pm.

How can you sign up?

1. Registration opens Tues, April 8!
2. Look over the brochure by visiting <http://www.bates.edu/sustainability/events/> and choose the project(s) that most appeal to you. Then email us at ecoserviceday14@gmail.com with your 1st and 2nd project preferences by Thurs, April 24.
3. Or, come sign-up in person at our tabling event in the Den on Friday April 11. Look out for a reminder email from Julie Rosenbach the day before.

**“The poetry of
the earth is never
dead.”**

- John Keats

Reminder: 2014 Photo Contest Categories

Mary Main, Assistant Vice President, Human Resources and Environmental Health & Safety

We're pleased to announce the four categories for the 3rd Annual Photo Contest being held during Bates Enrichment Week:

- Adventure
- Color
- Downtown
- Water

Rules/guidelines can be found online at: <http://www.bates.edu/hr/reference/communicator-newsletter/>

New Staff Members

Kent Fischer
*Media Relations Director
and Policy Adviser
Communications*

Ronald Fowler
*Security Officer
Security*

Rebecca Francis
*Research Analyst
College Advancement*

Kathleen Hutchins
*Baker/Cook's Assistant
Dining Services*

Christina Patrick
*Associate Director,
Internship Program Design
Catalyst Programs*

“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.”

- Gautama Buddha



Talking About Depression is a Step in the “Right Direction”

Ken Emerson, Associate Director, Human Resources

If you haven't noticed them already, soon you might see new posters going up around Bates. They will talk about a topic that often goes unspoken: depression. The posters are a small part of something much bigger being rolled out: our participation in Right Direction, an initiative addressing depression in the workplace.

One in 10 working-age people will experience depression, which adds up to millions of people. Increasingly, institutions are showing an interest in moving the conversation out of the shadows, understanding the value in approaching depression like any other treatable medical condition. Right Direction is a resource we're using to advance the discussion here at Bates.

At www.RightDirectionForMe.com, you can anonymously access more information about the signs of depression, how it impacts your life, and find out how to get help.

Right Direction serves to help people suffering from depression get back on the path to wellness.

The main messages are that you're not alone and help is available.

Many people who are depressed don't even realize it. They might think they're just “in a fog” or “having a bad day.” But the truth is, if those bad days start adding up, you might be depressed. Other symptoms can include trouble making decisions, lack of interest in activities, slowed thoughts and difficulty concentrating.

Just as your own health is important, so is looking out for your co-workers. What might look like lack of interest, decreased productivity or “not pulling their weight” on the part of a co-worker might be depression. Our hope is that Right Direction starts a dialogue about workplace depression so everyone feels empowered to seek help if needed.

Another resource you may access confidentially and for free is our Employee Assistance Program (EAP). The EAP is a completely confidential service that can assist you with financial matters, family and care giving, health,

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Talking About Depression is a Step in the “Right Direction”

(continued from page 2)

emotional wellbeing or even planning a vacation. You may access the program by speaking with a Master’s level counselor by dialing the following toll free phone number (877-259-3785).

The EAP also includes a comprehensive Web resource providing free 24-hour access to a host of information for you and any key or significant people in your life. The Website can be accessed by going to www.lifebalance.net and logging in the following:

Username: bates

Password: bwell

Right Direction is an effort from the Partnership for Workplace Mental Health, a program of the American Psychiatric Foundation and Employers Health Coalition, Inc. and is supported by Takeda Pharmaceuticals U.S.A., Inc. (TPUSA) and Lundbeck U.S.

April Dates of Interest

Biweekly pay date,
April 10

Monthly pay date,
April 10

Biweekly pay date,
April 24

“On soft Spring nights I’ll stand in the yard under the stars - Something good will come out of all things yet - And it will be golden and eternal just like that - There’s no need to say another word.”

**- Jack Kerouac,
Big Sur**

The Enrichment Week Planning Committee is pleased to announce that three Maine authors will be presenting a book talk on their bestselling novels during Bates Enrichment Week – June 10-12, 2014.

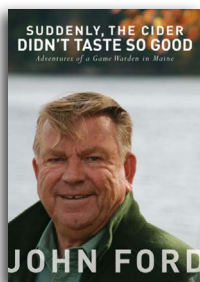
If you would like to get a jump on reading any or all of the books, please go to the Garnet Gateway – Events Tab – Maine Authors – and register for any of the sessions. You may attend one, two or all three book talks if you wish. We will send you the book after you have registered. Since there is a cost to the college in purchasing the books and valuable time given to Bates by the authors, we ask that if you receive a book you commit to coming to the morning or afternoon session of the book talk.

Don’t miss these amazing authors and their novels!

Suddenly, the Cider Didn’t Taste So Good*, author **John Ford*

Tuesday, June 10, 2014 9:30am or 1:30pm

208 pages



Retired Maine Game Warden John Ford has seen it all. He’s been shot at by desperate prison escapees, been outwitted by wily trappers, and rescued scores of animals. As a tenacious and successful warden, he was always willing to spend the time needed to nab violators of the state’s fish and game laws. At the same time, though, he wasn’t a cold, heartless, go-by-the-book enforcer; he usually had a good quip ready when he slipped the handcuffs on a violator, and he wasn’t above accepting a lesson learned as sufficient penalty for breaking the law.

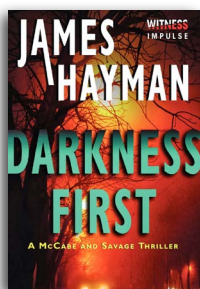
“An entertaining book that will leave readers chuckling, speechless or both... The secret to Ford’s success is simple: He knows of what he writes. And he kept good notes in a diary during his career as a warden, realizing that someday, someone might want to hear his stories.”

- Bangor Daily News

Darkness First*, author **James Hayman*

Wednesday, June 11, 2014 – 9:30am or 1:30pm

489 pages



Hayman’s third novel focuses on Detective Maggie Savage as she returns to her home in Machias to assist the Maine State Police with their investigation of the murder of a young woman and the attack of a local doctor, Maggie’s best friend. As Maggie Savage investigates, she realizes that the man they are after does not exist. Nobody knows his real name. Nobody has seen his face. The only one who may know the murderer’s true identity is an eleven-year-old girl—who has vanished into thin air.

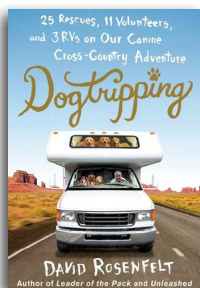
“What makes this novel stand out from other mysteries is the strong character based story with many twists and turns.”

- (Blackfive.net on DARKNESS FIRST)

Dogtripping*, author **David Rosenfelt*

Thursday, June 12, 2014 – 9:30am or 1:30pm

278 pages



When mystery writer David Rosenfelt and his family moved from Southern California to Maine, he thought he had prepared for everything. They had mapped the route, brought three GPSs for backup, as well as refrigerators full of food, and stoves and microwaves on which to cook them. But traveling with twenty-five dogs turned out to be a bigger ordeal than he anticipated, despite the RVs, the extra kibble, volunteers, and camping equipment. Rosenfelt recounts the adventure of moving his animal companions across the United States with humor and warmth, and tells the tale of how he and his wife became passionate foster parents for rescue dogs, culminating in the creation of the Tara Foundation and successfully placing several thousand dogs with loving families.

“Rosenfelt very well could be the funniest American author alive today. He’s charming, likable, self-deprecating, self-aware and utterly hysterical. Be careful where you read this one because you could invoke serious stares from strangers who may think you’ve lost your mind. If it’s been too long since you enjoyed a funny, sweet, romantic tale, read this book.”

- Associated Press

“Dogtripping is a hoot! Laugh out loud funny, heartfelt and courageous, David Rosenfelt penned a gleefully sideways addition to the adventure travel canon.”

- Steven Kotler, bestselling author of A Small Furry Prayer and Abundance