Your Vote = Your Voice
Kristen Cloutier, Harward Center for Community Partnerships, Assist Director, HCCP

Voting is one important way of engaging in the life of our community. Registering to vote is a critical means to becoming an advocate for yourself, your family and your neighbors. Your voice can make a difference!

Who votes matters
Consider this: in the past four Congressional elections, a shift of ten thousand votes would have changed the outcome of more than two hundred Congressional, Senate and Gubernatorial races. At the state and local levels, elections are regularly won and lost by less than one thousand votes and sometimes even less than one hundred votes.

Register to vote!
Voter registration is quick and easy. The Harward Center, in conjunction with the Dean of Students Office, is offering two options:

1. Register to vote online via Bates’ partnership with TurboVote:
   http://www.bates.edu/dos/policies-procedures/bates-turbovote/
   TurboVote will allow you to:
   • Register, or re-register to vote
   • Update your address
   • Request an absentee ballot
   • Opt-in to receive text and email messages about Election Day, polling locations, and information about what’s on the ballot

2. Fill out a voter registration card at the Harward Center for Community Partnerships at 161 Wood Street.
   • Voter registration cards are available in the front office of the Harward Center from 9am to 4:30pm Monday through Friday.
   • Simply fill out a card and drop it in the box provided. A friendly Harward Center staff member will return it to City Hall for you!
   • The deadline to submit voter registration cards at the Harward Center is Thursday, October 9, 2014 at 4:30pm.

ELECTION DAY IS TUESDAY, NOVEMBER 4, 2014!

More information on the State General & Referendum Election and the Special Municipal Election (including a list of polling places) can be found on the City of Lewiston’s website at: http://www.lewistonmaine.gov/index.aspx?nid=117

Have questions? Contact Kristen Cloutier at x6202.
Getting Quality Care
Ken Emerson, Senior Director of Human Resources Operations and Benefits

Having a primary health care provider who manages your care can help you stay healthy and recover faster if you become sick. You can ensure you get quality care by participating in decisions that affect you.

Your Health Care IQ (Involvement Quotient)

Check the statements that apply to you. How involved are you in your own care?

- I have selected a primary health care provider to help manage my health needs.
- I understand my health plan benefits.
- I take an active role in my health care decisions by asking questions and discussing treatment options, screening needs and lifestyle choices.
- I am learning more about my health with the help of my health care provider.
- I follow a schedule of routine tests I need.
- I maintain a file of my health history.
- I know where to get urgent care other than a hospital emergency room.

These steps can help put you in charge of your health care in partnership with your health care providers.

**TIP:** Become familiar with your health plan benefits before you need care.

September Recyclable of the Month: The New Commons Mug

We are working our way to 50% recycling here at Bates! This month’s focus is on the new recyclable Commons mugs. Remember to empty them when you’re finished, and toss them in a blue bin!
**Saving Health Care Dollars**

By staying aware of how to stretch health care dollars, you can help ensure continuing quality care several ways:

**FOLLOW** your health care provider’s directions to the letter. If you don’t, you risk having to restart your treatment or a return to the hospital.

**ASK** questions. Make sure you understand treatment options, instructions and medications before you leave your provider’s office.

**GET** medical advice from your provider by telephone or email when possible to avoid nonrequired office visits.

**KNOW** your financial obligations. Most health plans require that you pay a portion of the charges, in the form of deductibles, co-payments or coverage limitations. Use benefits wisely to save on your out-of-pocket costs.

**USE** one pharmacy to help track your prescriptions.

**TAKE** your medication as directed. Know why you need it, when and how to take it, potential side effects, and if it interacts with other drugs or supplements you use.

When your provider has diagnosed your health condition and prescribed a care plan, its success depends largely on you. Whether it is taking medicine correctly, losing weight or watching for symptoms, you are the one in charge.
Getting Quality Care

Having a primary health care provider who manages your care can help you stay healthy and recover faster if you become sick. You can ensure you get quality care by participating in decisions that affect you.

Doctor, Can We Talk?

Studies suggest you might heal better or stay healthier if you feel at ease and communicate well with your health care provider. Your primary health care provider is usually a physician or nurse practitioner who manages your care and works with you to make your primary medical decisions. Chances are you work well with your provider if you can answer “yes” to these situations:

YES NO

- Your health care provider listens closely, invites questions and explains thoroughly without rushing.
- Your provider routinely reviews all your medicines, including any over-the-counter drugs and supplements you use.
- Your provider treats you, not just your symptoms, by emphasizing the importance of positive health habits, including exercise, nutrition, stress management, and avoiding smoking and excess alcohol.
- Your provider is reachable by phone and email.

Your Health Care IQ (Involvement Quotient)

Check the statements that apply to you. How involved are you in your own care?

- I have selected 1 primary health care provider to help manage my health needs.
- I understand my health plan benefits.
- I take an active role in my health care decisions by asking questions and discussing treatment options, screening needs and lifestyle choices.
- I am learning more about my health with the help of my health care provider.
- I follow a schedule of routine tests I need.
- I maintain a file of my health history.
- I know where to get urgent care other than a hospital emergency room.

These steps can help put you in charge of your health care in partnership with your health care providers.

Tip>> Become familiar with your health plan benefits before you need care.

Preventive Screenings

Routine tests can help detect medical problems early when they are easier to treat. The average healthy person needs tests for blood pressure, cholesterol, diabetes, colorectal cancer, prostate (for men), and vision, hearing, dental and skin checks. Women also need Pap smears, pelvic and breast exams, and mammograms.

Your provider can determine a screening schedule based on your needs. Your provider can also monitor your immunization status and recommend vaccinations.

Medical Tests

X-rays, blood tests, stress tests — when your health care provider prescribes a medical test, talk about the pros, cons and alternatives. Ask these questions:

- Why is this test necessary?
- How will it change the treatment or outcome?
- How much does it cost?
- Does it have any health risks?

Well-Being Tip:

Get enough rest, eat right and exercise to help maintain your strength. If you smoke, quit, avoid exposure to colds and flu, and wash your hands often.

My Primary Care Physician is:

______________________________________________________

Location:

______________________________________________________

Phone Number:

______________________________________________________

Date of my next scheduled annual exam:

______________________________________________________

Time: ____________ a.m / p.m.
New Faculty and Staff Members

Alero Akporiaye  
*Visiting Assistant Professor  
Politics*  

Akornefa Akyea  
*Admission Counselor  
Admission*  

Louise Brogan  
*Writing Specialist in Sciences  
Writing at Bates*  

Daniel Brown  
*Electrician  
Facility Services*  

David Buckwald  
*Director of Admission  
Admission*  

Claudia Calhoun  
*Visiting Assistant Professor  
Rhetoric*  

Hilary Christensen  
*Visiting Assistant Professor  
Geology*  

Mark Clements  
*Assistant Football Coach  
Athletics*  

Julisa De Los Santos  
*Assistant Dean  
Intercultural Education*  

Carolyn Dekker  
*Visiting Assistant Professor  
Environmental Studies*  

Andriel Doolittle  
*Assistant Rowing Coach  
Athletics*  

Nancy Duran  
*Lecturer  
Spanish*  

Allyson Eller  
*Visiting Assistant Professor  
Biology*  

Ashley Evans  
*Security Officer  
Security*  

Nathan Faries  
*Lecturer  
Asian Studies*  

Qiu Meng Fogarty  
*Coordinator of Student Activities & Leadership Development  
Dean of Student’s Office*  

Jennifer Foley  
*Assoc Director for Gift Planning  
Advancement*  

Matthew Franks  
*Visiting Assistant Professor  
English*  

Kristy Gagne  
*Administrative Asst to Dean & Residence Life Office  
Dean of Student’s Office*  

Megan Goodwin  
*Post Doc Fellow in Humanities  
Dean of the Faculty’s Office*  

Bruce Hall  
*Network Administrator  
ILS*  

Susan Harrison  
*Leadership Gifts Officer  
Advancement*  

John Harvey  
*Annual Giving Coordinator-BOLD  
Advancement*  

Brett Huggett  
*Assistant Professor  
Biology*  

Aaron Johnson  
*Visiting Assistant Professor  
Music*  

Ture Johnson  
*Catering Delivery Attendant  
Dining Services*  

Claire Kershko  
*Spec Projects & Administrative Asst  
President’s Office*  

Colleen Laird  
*Visiting Assistant Professor  
Asian Studies*  

Deacon Lasagna  
*Dining/Catering Delivery Attendant  
Dining Services*  

Yinxing Liu  
*Postdoc Fellow/Lecturer  
Asian Studies*  

Adrian Lopes  
*Visiting Assistant Professor  
Economics*  

Joshua Lord  
*Visiting Assistant Professor  
Biology*  

Timothy Lyle  
*Visiting Assistant Professor  
English*  

Mahamed Mahamud  
*2nd Cook  
Dining Services*  

Emily Marshall  
*Lecturer  
Economics*  

Joshua McIntosh  
*VP for Student Affairs & Dean of Students  
Dean of Student’s Office*  

Martin Montgomery  
*Visiting Assistant Professor  
Math*  

Alexandria Mucci  
*Program Coordinator  
Intercultural Education*  

Elizabeth Nutting  
*Postdoc Fellow  
Classical and Medieval Studies*  

Zane Omohundro  
*Stock Assistant  
College Store*  

Katharine Ott  
*Assistant Professor  
Math*  

Mark Owens  
*Visiting Assistant Professor  
Politics*  

Jeffrey Paller  
*Lecturer  
Politics*  

Jessica Perez  
*Asst Dean of Students—Student Transition & Success  
Dean of Student’s Office*  

Kristina Powell  
*Assoc Director of Multicultural Alumni and Parent Engagement  
Advancement*  

Alicia Rea  
*Annual Giving Coordinator-Students  
Advancement*  

Blake Reilly  
*Coordinator of Residence Life & Programming  
Dean of Student’s Office*  

Brittany Reynolds  
*Library Assistant-Public Services  
ILS*  

Mark Richter  
*Admission Counselor  
Admission*  

Jeremy Riordan  
*Technology Support Specialist  
ILS*  

Genevieve Robert  
*Assistant Professor  
Geology*  

Michael Rocque  
*Assistant Professor  
Sociology*  

Ian Saxine  
*Visiting Instructor  
History*  

Kelly Stone  
*Assistant to the AVP and Chief Diversity Officer  
Equity and Diversity Resources*  

Matthew Thomas  
*Technology Support Specialist  
ILS*
# Fitness Schedule September - December '14

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-8am</td>
<td>Open Gym (Merrill)</td>
<td>Open Gym (Merrill)</td>
<td>Open Gym (Merrill)</td>
<td>Open Gym (Merrill)</td>
<td>Open Gym (Merrill)</td>
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<tr>
<td>8am</td>
<td>Boot Camp w/ Mike 8-9am (Merrill)</td>
<td>Boot Camp w/ Mike 8-9am (Merrill)</td>
<td>Yoga w/ Lydia 8-9am (Dance Studio)</td>
<td>Boot Camp w/ Mike 8-9am (Merrill)</td>
<td>Yoga w/ Lydia 8-9am (Dance Studio)</td>
</tr>
<tr>
<td>11am</td>
<td></td>
<td>Water Aerobics 11-11:45am (Pool)</td>
<td>Water Aerobics 11-11:45am (Pool)</td>
<td>Water Aerobics 11-11:45am (Pool)</td>
<td>Water Zumba 11-11:45am (Pool)</td>
</tr>
<tr>
<td>12pm</td>
<td>Tone and Tighten w/ Johanne 12-1 (Merrill)</td>
<td>Yoga w/ Lydia 12-1 (Dance Studio)</td>
<td>Tone and Tighten w/ Johanne 12-1pm (Merrill)</td>
<td>Zumba w/ Cynthia 12-1pm (Merrill)</td>
<td>Tone and Tighten w/ Jen 12-1 (Merrill)</td>
</tr>
<tr>
<td></td>
<td>Boot Camp w/ Mike 12-1pm (Merrill)</td>
<td>Jump Rope w/ Jan 1:10-1:30pm (Merrill)</td>
<td>Yoga w/ Heidi 12-1pm (Skelton)</td>
<td>Jump Rope w/ Jan 1:10-1:30pm (Merrill)</td>
<td>Boot Camp w/ Mike 12-1pm (Merrill)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Boot Camp w/ Mike 12-1pm (Merrill)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:45pm</td>
<td>Qi Gong w/ Don 4:45-5:45pm (Muskie)</td>
<td>Yoga w/ Gabrielle 4:45-5:45pm (Muskie)</td>
<td></td>
<td>Yoga w/ Gabrielle 4:45-5:45pm (Muskie)</td>
<td></td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td><em>No Class 9/24</em></td>
<td></td>
</tr>
</tbody>
</table>

Classes are open to all Bates employees, spouses and dependants. No need to sign up, just show up! Questions? Contact Mike Milliken (753-6936 or mmillike@bates.edu)
Employee Assistance Program (EAP)
Every employee at Bates, and anyone significant in their lives, is eligible to use the services of the EAP.

The EAP offers three basic types of service:
♦ up to six, in-person counseling sessions per person/per situation at no cost to you,
♦ unlimited 24/7 telephone counseling, and
♦ a host of free materials and information through the EAP website: www.lifebalance.net (user id: bates, password: bwell)

What can the EAP Help With?
♦ Grief and loss
♦ Family issues
♦ Mental and emotional stressors
♦ Anxiety
♦ Legal issues

Call EAP toll free 1-877-259-3785 or visit the website: www.lifebalance.net
User id: bates   password: bwell

Shaping up with Fit Bit
Here are some stats from 2014’s activity tracking program called “Shape Up”

Together, Bates employees, spouses and dependents have enough to steps to circumnavigate the globe 5.2 times around.

We have lost 340 LBS (or about equal to the weight of 17 bobcats)

We have totaled about 17,000 hours of exercise!

Interested in learning more about the fitbit? Follow this link for a more detailed article:
https://gallery.mailchimp.com/b6ce76c53d7ea0e16eebecb65/files/279957a4-c0f6-4c37-91c8-72e1c2378518.pdf

How do I earn a fitbit? All Bates employees, spouses and partners are eligible to earn one. All you need to do is create a profile on Shape Up’s website. The url is www.members.shapeup.com
Be sure to select “Bates” as your company
Everybody Has a Story:
**Nick O’Brien,**
By Amie Parker, Employment Manager, Human Resources

It’s not often that a member of the Communications team gets to be on the other side of a story. Nick O’Brien is the Digital Communications Lead in the Bates Communications Office. He’s frequently the “voice” on the other end of the WebTeam emails and is a great contact to have if you manage any of the Bates webpages.

Nick grew up in Kingston, RI and after spending time recovering from a childhood illness that resulted in his missing a year of high school, he attended the University of Rhode Island. At URI, he majored in philosophy and minored in women’s studies—a supporter of the liberal arts long before he came to Bates! He indicates that he originally studied philosophy in search of answers to some of his questions about life, not as a means to find a career. He took one class in women’s studies and discovered that women’s studies is much like philosophy, but from the female perspective; a view he believes provides a different lens on the world. He points to his liberal arts education as tremendous value to him in that it is within that framework that he developed his fundamental thinking and learning skills.

One thing that stands out about Nick is that he has diverse interests. He spends his days breathing technology, has a love of the great thinkers, and is also committed to a healthy lifestyle, of which fitness is an important component. He competes in triathlons and endurance events, once competing in a twelve-hour two-person relay race with a friend. Together, they ran a 5k loop for twelve hours, completing a combined 80.4 miles, and setting a course record. He enjoys the movement, a passion he has developed out of a desire to reaffirm that he is no longer sick.

When he’s not running in circles or through the woods, he enjoys traveling and enjoying the different perspectives he gains by visiting other cultures. He would like to explore the possibility of someday living in the Philippines, a country he found to be the most culturally authentic, the least influenced by western capitalism. He has great admiration for the idea that the people of the Philippines are happy for each other when something good happens to others and that they are seemingly “happy where they are.”

Nick’s love of Bates has developed out of the sense that we are all “collectively working towards educating the next generation of socially conscious leaders.” Each and every one of us.

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“Isn’t it nice to think that tomorrow is a new day with no mistakes in it yet?”
- L.M. Montgomery

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**Congratulations to Dan Howaniec, Office Services, the winner of the BCSA Balloon Raffle!**