



WEEK of SEPTEMBER 25, 1994

STATION NOTES

CALENDAR of EVENTS

Monday, September 26, 12:10 pm
Sawdust Cafe
Aerobics/Fitness class for all employees

Monday, September 26, 6:30 pm
Staff Room, Jordan Hall
English as a Second Language

Wednesday, September 28, 12:10 pm
Sawdust Cafe
Aerobics/Fitness class for all employees

Wednesday, September 28, 3:30 pm
Director's Office
Research Department Chairs' Meeting

Wednesday, September 28, 6:30 pm
Staff Room, Jordan Hall
English as a Second Language

Thursday, September 29, 10:00 am-3:00 pm
Local Press & Media Tour of the Station

Friday, September 30, 12:10 pm
Sawdust Cafe
Aerobics/Fitness class for all employees

Saturday, October 1, 1:00 pm
Schoellkopf Field, Ithaca
Cornell Employee/Family Day

EUREKA!

IT'S A NEW SCHOLAR'S GUIDE

Communications Services and SAGES is pleased to announce the publication of the newly revised *Scholar's Guide to the Geneva Experiment Station*. The 38-page, two-color document was revised and edited by Debbie Roberts, Amy Godfrey, Hector Alvizo, Ian Horner, Tim Martinson and Jens Wünsche under the able guidance of Martin Sancho. It is intended as a useful guide for new and prospective graduate students that can be used in conjunction with the Station brochure published earlier this year. In addition to a brief history of the departments, the *Scholar's Guide* includes a list of all professors and their programs, a guide to Station facilities and services, an introduction to the city of Geneva, and four maps. Copies are available from department offices, or through Communications Services.

ATTENTION COMPUTER USERS



The office used to be a relatively safe place to work. Then, in 1981, IBM launched the personal computer. Not only did it totally change the office and lab environment, but, as feather-light keyboards upped keystrokes from 3,000 to 13,000 per hour, the workplace has been

plagued by an epidemic of cumulative trauma disorders (CTD).

According to the U.S. Bureau of Labor Statistics, cumulative trauma disorders (CTD) like Carpal Tunnel Syndrome (CTS) are now the leading cause of occupational illness in the U.S. Corrective surgery for CTS is now the nation's second most common operation. As the number of workers who use computers approaches 50 million, up from five million a decade ago, CTS will likely increase.

The symptoms of Carpal Tunnel Syndrome (CTS) are painful and difficult to ignore. They include a numbness or a tingling sensation in the fingers, wrists, or arms, particularly at night, and difficulty doing detailed work with the fingers. CTS is a common problem for anyone who spends long hours at their computer. It is exacerbated by repeated hand or wrist motions, and is caused by swelled tendon sheaths in the wrist. Left untreated, CTS can lead to muscular atrophy at the base of the thumb.

If you experience any of these symptoms after working at your computer—irritated eyes, headache, pain in the wrists, shoulders, back or neck—you should seek medical advice, and make changes in your workstation and your work habits. If you ignore the signs, you could suffer irreversible nerve damage and may have to undergo surgery that is not always successful. Women are more susceptible because their wrist bones are smaller. Age is also a factor.

Robin Goodloe, a training coordinator and environmental hygienist at Cornell's Office of Environmental Health and Safety, has some tips on how to arrange a computer station to minimize health risks.

For overall health, the most important preventive action you can take is to move around and take micro-breaks. It's extremely easy to become so focused on your work that hours pass before you get up. Take five minutes every hour to stand, stretch, and walk. Set the alarm on your computer to remind you.

Improving your workstation doesn't need to be expensive, either. The one piece of equipment you should invest in is the chair. For a footrest, you can use a copier-paper box, a stack of seldom-used books, or a stand made from a few pieces of scrap wood. A binder with a nonslip surface can improve the height and angle of your monitor. Back support can be provided by a pillow or towel. A rolled towel or piece of firm foam can support your wrists.

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(Computers, cont.)

Some specific guidelines include the following.

The Workstation in General. When you sit at your computer, ready to type, your wrists should be flat, your elbows, knees and hips at about 90° angles, your feet flat on the floor, your back supported, and your eyes looking straight ahead or slightly lower. The first component to adjust is your chair. Use a footrest if your feet don't reach the floor after you get the chair at the proper height for the rest of your body.

The Keyboard. Keep your wrists flat. Use a wrist pad or lower the keyboard (i.e., by putting in a drawer, or buying one of several workstation envelopes that clamp on under the desk). Touch the keys lightly; you may be able to adjust the keys' sensitivity. Important: Bending your wrists upward or downward compresses the nerve and tendons that are involved in CTS, increasing your risk for developing it.

The Monitor. The top part of the screen should be at or slightly below eye level. Adjust the screen so the contrast is high, but the brightness is low. Keep the screen clean. Reduce reflection by changing the location or shielding the screen. To reduce eye fatigue, periodically focus on something at least 20 feet away. Wearing reading glasses (coated to minimize glare) may also help. To cut down on emissions, position the monitor so it is 27 inches away.

Document Holders. Position paper documents so that they are at the same angle and height as your computer screen and as close to it as possible. Referring to copy that is flat on your desk or far away increases the strain on your neck and eyes.

Other equipment. There are a number of other suggestions and options available, including split keyboards that reduce lateral motion of the wrists, and workstations that actually set the keyboard at a negative slope, beneath the level of the average 29" desk. Some people wear wrist braces, or adjustable arm supports ("ergo-arms"),

which are expensive but provide excellent support for the shoulders and upper back. Mice and mouse pads come in a variety of ergonomic designs as do track balls and the latest touch pads. If you like the mouse you have, adjust the sensitivity so you don't have to move it as far to make the screen pointer move. Also, consider changing the mouse so your non-dominant hand is forced to do the manipulating.



If all these suggestions are followed, the only problems employees at the Station will have with their computers will be those oh-so-simple ones that Barnard, Broderick, Gibbs, Poole & Co. will fix with ease.

DESKTOP VIDEO SYSTEM TO BE DEMONSTRATED

Mark your calendar for Thursday, October 6, from 10:00 am until noon, in the Staff Room, Jordan Hall,

Tom Mauro of Video Technology Resources in Binghamton will demonstrate his Media Suite Pro desktop video system. Communications Services is considering investing in a MSP system for future video projects at the Station. Anyone with a current interest in video, or anyone who sees video as an important outreach, extension and communication tool, is encouraged to stop by.

WINTER HOLIDAY PARTY SCHEDULE

This year, the official date for holding department and unit Winter Holiday parties will be on Friday, December 16.

This deviates from Station policy, which states that Winter Holiday parties may be held only on the last Friday before the Winter Holiday break. The last Friday before break is December 23.

"I have changed the date for this year's functions," stated Director James Hunter, "because I feel they are an important part of building good morale among employees, and December 23 just seemed too close to the Holiday Break. I felt a number of faculty and staff might be traveling and miss an important social function within a department or unit."



As a reminder, the Station's policy on Winter Holiday parties states that they may not start before 1 p.m. Full-time employees who normally work from 8 a.m. to noon are expected to work from 8 a.m. to 1 p.m. on the day of the party, if they wish to attend. Winter Holiday parties that are held on Station property may not include alcoholic beverages. Parties may be held off-campus, but only for groups no smaller than an entire department or unit. Off-campus parties must be supervised by the department chair or unit leader. If he or she is not available, a substitute must be approved by the Director of the Station. Finally, parties are to be financed by the participants.



OUTSTANDING EMPLOYEE NOMINATIONS BEING SOUGHT

This year's Outstanding Employee of the Year will be announced November 4 at the Station Club Banquet. Solicit letters of support for your nominee and turn them into Dale Frankish, Field Research Unit, by October 3. The letters of support will be evaluated by a volunteer panel of department representatives. It's an easy way to give that co-worker a well deserved pat on the back.

BACK INJURY PREVENTION PROGRAM OFFERED

The Cornell University Back Injury Prevention Program, an employee benefit service of the Gannett Health Center in conjunction with University Human Resource Services, announces an open seminar entitled: "The Fundamentals of Back Injury Prevention" to be held on the Geneva Campus, Wednesday, October 26.

Statistics show as many as 90% of the adult population in the United States will, at some time in their lives, experience back pain that is severe enough to require medical attention. This program will cover the "basics" of what employees need to know concerning their role in back injury prevention. Topics covered will include the fundamental normal and abnormal anatomy of the back, as well as the roles that posture and body mechanics play in the overall health of the spine. The presentation will include an audience participation body mechanics laboratory in proper lifting techniques. If you or any of your fellow workers have experienced back pain, or are at high risk of developing back injury, it will be very important for you to attend.

The chief presenter for this program will be Frank Morosky, P.T., Coordinator for the Cornell University Back Injury Prevention Program.

To accommodate employees, four sessions have been scheduled. Two will be held simultaneously in the morning and afternoon of October 26 in the Jordan Hall auditorium and lounge with 25 employees in each session. The morning session will be from 10:30 am-noon and the afternoon session from 1:00-2:30 pm.

All employees are eligible to participate in one of these identical seminars free of charge, but must pre-register by filling out the tear-off sheet and returning it to Personnel, Jordan Hall, by Friday, October 21.

BACK INJURY PREVENTION PROGRAM WEDNESDAY, OCTOBER 26

Name: _____

Department: _____ Phone: _____

Check One: _____ Morning Session (10:30 am-Noon)

_____ Afternoon Session (1:00-2:30 pm)

Supervisor's Approval: _____

SEMINARS

HORTICULTURAL SCIENCES

Date: Monday, September 26
Time: 11:00 am
Place: Staff Room, Jordan Hall
Speaker: Dr. Weikuan Gu
 Former graduate student of Norm Weeden
Topic: Identification, Characterization, and Application of Molecular Markers Linked to Photoperiod Genes in Common Bean

PLANT PATHOLOGY

Date: Tuesday, September 27
Time: 3:00 pm
Place: Room A133, Barton Lab
Speaker: David Bauer
 Department of Plant Pathology, Ithaca
Topic: *Erwinia chrysanthemi* harp Genes

FOOD SCIENCE & TECHNOLOGY

Date: Wednesday, September 28
Time: 10:30 am
Place: Conference Room, Food Science
Speaker: Dr. Karl Siebert
 Food Science & Technology, Geneva
Topic: The Nature of Protein-Polyphenol Interactions Which Lead to Haze Formation in Beverages

ENTOMOLOGY

Date: Thursday, September 29
Time: 3:30 pm
Place: The Paul J. Chapman Conference Room, Room 310, Barton Lab
Speaker: Dr. Charles E. Linn
 Senior Research Associate, Department of Entomology, Geneva
Topic: Neuroendocrine Factors in the Photoperiodic Control of Male Moth Responsiveness to Sex Pheromone

*Social interaction with speaker at 3:00 pm
 Coffee & cookies provided.*

Station Club Banquet

Club 86, Geneva

Friday, November 4, 1994

6 pm - Social Hour (cash bar) 7 pm - Dinner

Menu:

Hors d'oeuvres

Soup

Salad

Entree with potato and vegetable

Dessert

Meal Selections

	Member	Non-Member
Vegetable Lasagna	\$10	\$12
Prime Rib	\$16	\$18
Broiled Fish	\$13	\$15
<i>with or without sauce</i>		
Chicken Piccata	\$13	\$15
<i>chicken breast in a bordelaise</i>		
<i>sauce with mushrooms</i>		

Dancing to music by **Spell Bound**

Music from the 40's - 90's

8:30 - 12:30

Please purchase your tickets from your
Station Club Representative by

WEDNESDAY, OCTOBER 26

FAMILY AND CHILDREN IN THE WORK PLACE

There have been several instances recently where children or friends of Station employees have been at the employee's worksite. Cornell policy states that "extended presence of friends or family of University employees. . . is not permitted." The policy goes on to say that these kinds of visits to the worksite create the potential for injury to the visitor and significant liability to the University. Your recognition of and cooperation with this policy will be appreciated.



"MAC" ATTACK

PRINT THE CONTENTS OF THE DESKTOP

To print your entire desktop, click on the trash can icon or your hard disk icon. From the **File** menu, select **Print Desktop**. Click **OK**.

OUTLINE A CELL

When using Excel, you may want to draw a box around a cell or group of cells. To create an outline, simply select the desired cell(s) and press **Command-Option-zero**.

DELETE FORWARD

You're probably familiar with the **Delete** key (also known as the Backspace key), but are you familiar with the **Forward Delete** key? Look closely at your keyboard. To the left of the **Home**, **End**, **PageUp**, and **PageDown** keys is a key with an arrow containing an "X." This is the **Forward Delete** key. Instead of deleting text to the left of the I-beam (cursor), it deletes text to the right.

CLASSIFIED

DESICCATORS NEEDED: A number of large (11 inch or larger) desiccators will be needed for an experiment lasting about 6 months, beginning in mid-October. If you have a desiccator you can loan for this period, please call Malcolm Bourne or Angela Lim at x278.

FOR RENT: Three-bedroom house. Walking distance to Station. \$550/month plus utilities. Call Cy Lee at x271.