

CORNELL STATION NEWS GENEVA
UNIVERSITY NEW YORK

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 MAY 28-JUNE 4, 1999

BRIEFS**STATION NEWS**

Items for *Station News* should be sent to Sandy Antinelli (sja2) until further notice. Pat Blakeslee (x253, afternoons—no e-mail, yet) will be the interim *News* editor in Communications. Stop by and say hello!

LUNCH WITH THE STATION CLUB

Station Club will have a noon-hour lunch and shirt sale on Wednesday, June 2, at the Sawdust Cafe. Lunch will include grilled hot dog, macaroni salad, chips, and soda for \$3.50.

This is a great opportunity to purchase your golf shirts for the upcoming tournament (June 18) or to buy Dad a gift for Father's Day (June 20)! Be sure to bring your Station Club membership card along for your \$2.00 discount on shirts and book bags.

LABORATORY SAFETY TRAINING

All students who work in laboratories and all students who handle chemicals should receive laboratory safety training. The Environmental Health & Safety Office has a laboratory safety videotape which is available for viewing by temporary service students who are working in labs this summer. Please contact the EH&S office (x466) if you would like to view this video. Formal laboratory safety training will be held in the near future.

RED CROSS BLOOD DRIVE

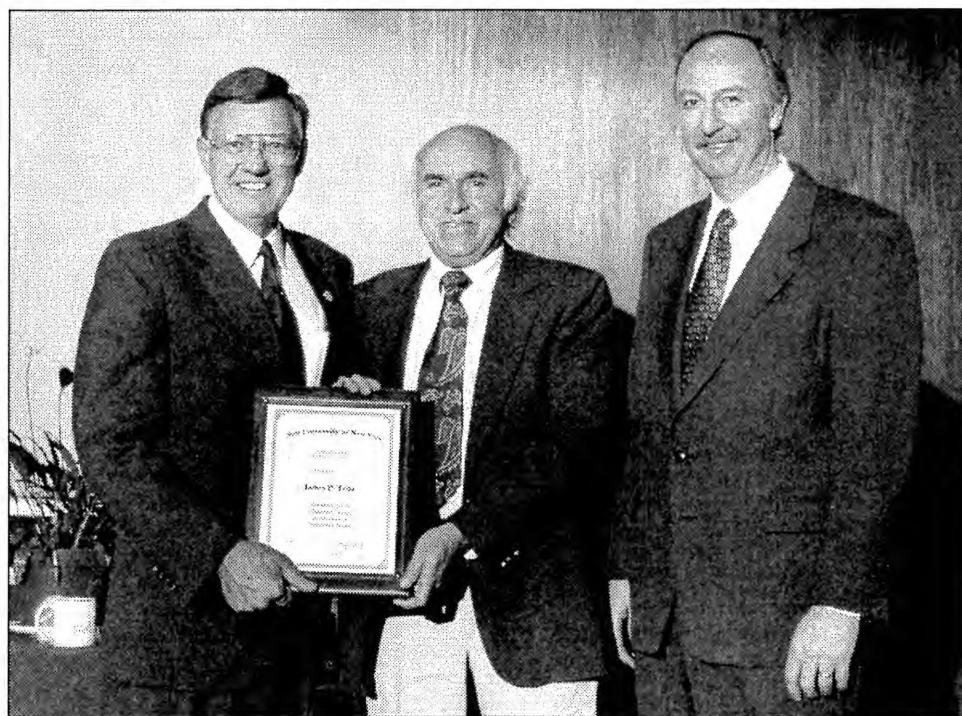
The American Red Cross is holding a blood drive on Thursday, June 3, from 11:00 a.m. to 7:30 p.m. at the Hobart/William Smith College Field House. You can call the Red Cross (789-1522) for an appointment.

If you donate at this drive, you will still be eligible to give at our Station drive which is to be held on Monday, August 23 from 8:00 am-1:00 pm. (You must allow 56 days between donations.)

**STATION CLUB GOLF
TOURNAMENT**

On Friday, June 18, the eleventh annual Station Club Golf Tournament will be held at the Big Oak Golf Course on Packwood Rd.,

Geneva. Shotgun start will be at 4:45 sharp. The format is 5 person teams—9-hole scramble, and the tournament is open to Station employees and their guests. Contact Ed Lavin (x240, ehl2) for more information.

**TETTE WINS SUNY CHANCELLOR'S AWARD**

left to right: CALS Dean Daryl B. Lund, IPM Director Jim Tette, and CALS Associate Dean H. Dean Sutphin at the Dean's Awards Convocation in Ithaca. Photo: Robert Barker.

James P. Tette, director of the New York State IPM Program, was named a recipient of the SUNY Chancellor's Award for Excellence in Professional Service on April 29. Don Viands, associate director of academic programs for CALS, presented the award before a crowd of 200 at the sixth annual Dean's Awards Convocation in Ithaca. CALS Dean Daryl B. Lund and H. Dean Sutphin, CALS associate dean, also took part in the presentation.

Viands lauded Tette for his leadership of the IPM Program, which is jointly funded by Cornell University, Cornell Cooperative Extension, and the New York State Department of Agriculture and Markets. "Through his leadership," stated Viands, "it has been estimated that more than 100 new jobs have been created in New York, the Program has reduced farmers' production costs by \$14 million per year, and the amount of pesticides applied to crops in New York has been greatly reduced."

Tette, who will retire as director of the IPM Program at the end of this calendar year, has worked for 26 years to turn a one-man operation into what many experts in agricultural science know to be one of the most visible, successful, and dynamic IPM programs in the country. As IPM Program director he has guided and directed research and extension efforts to develop integrated pest management programs for fruit, vegetables, turfgrass, floriculture, field crops, and livestock. Always the innovator, Tette led the efforts within CALS to develop computer technologies for IPM education. In 1978 he initiated the first e-mail system for CALS.

In 1994 Tette took on a new area of responsibility when the IPM Program extended its reach to pest management of nonagricultural settings such as schools, state parks, and state office buildings.

Nomination guidelines from SUNY state that nominees for the Chancellor's Awards must be "individuals who have repeatedly sought improvement of themselves, their campuses, and, ultimately, the State University and, in doing so, have transcended the normal definitions of excellence." Jim Tette is truly such an individual.

Margaret Haining Cowles

WORKER PROTECTION STANDARD TRAINING

Training sessions for the Worker Protection Standard (WPS) will be held on Fridays, May 28, June 11, and June 25 in the Auditorium of Jordan Hall from 1:30-3:00 pm.

All new employees who will work in farm fields and/or greenhouses and all new B&P staff should attend as soon as possible after their first day of work. New employees should bring with them to the training session a signed copy of the "Basic Pesticide Training Requirements for Workers" from the back of the current electronic

version of the Station Safety Manual. The Manual is found in the safety folder on the CC fileserver.

Employees trained in 1994 are required to be trained again in 1999 and should attend a training session before the expiration date on their WPS Handler Verification Card.

No pre-registration is necessary.

This training is in addition to any OSHA training that may be required for lab or office workers. Call Mart VanKirk (781-5307) for more information.

CALENDAR of EVENTS

MAY 28-JUNE 4, 1999

LTC

DreamWeaver

Thursday, June 3, 9-11am

LTC, Jordan Hall

Learn to create your own web page using DreamWeaver. Mark McLellan, instructor.

PEOPLE

Condolences

The Station extends condolences to Mark McLellan whose father passed away this past week.

STATION SOFTBALL

Week Two Softball schedule:

Tues., June 1 BartLab vs. HortSci

Thurs., June 3 FST/PGRU/Comm vs. SvcStaff

BIKE & WALK WEEK '99

It's that time of year again! Bike & Walk Week '99 is just around the corner (June 7-11), and we hope to have a great Station event like last year's. Highlights will include daily breakfasts, an interdepartmental competition, and prize drawings. Everyone who bikes or walks to work is invited to join us for breakfast from 7:30-8:00 am daily. The entire Station community is invited for Friday morning's grand finale. The Station Club and several local businesses are sponsoring the event. See your department representatives to sign-up now.

Hort. Sci.

Rixanna Petzoldt &

Pat Wallace

Comm./Lib/Admin/EH&S

Jim Moravec

Jennifer Grant

Entomology

Tim Widmer

Plant Pathology

Pim Kovach

Food Science

John VanderWeide

B&P/FRU/Contractors

Cheryl TenEyck

IPM

Sheri Day

PGRU

SURPLUS BIDS

John Thibault was the high bidder on the B&P surplus 1970 Ford C600.

CLASSIFIED

WANTED: Summer child care provider for the four children of two families (two girls, 9 and 11, and two boys, 5 and 8). M-Th, 8 to 3:30, beginning June 28. Must enjoy children and have an operable car and a NY driver's license. Pay is \$2.50 per hour per child plus gas and mileage for trips to parks or museums. Call or write Margaret at x408 (mhc8) or Karen at x378 (kje7) to schedule an interview.

FOR SALE: 1996 Roby 15' white cedar canoe, handmade in Quebec. Double ender (2 seater), double bottom. Brand new condition, never been in the water. Original cost \$1500; asking \$500 firm. Call 789-9261.

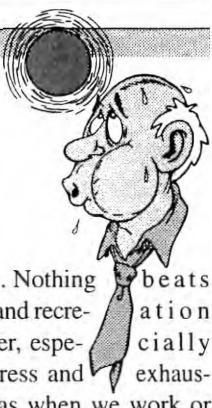
LAKEFRONT HOUSE FOR SALE on East side of Seneca Lake. 5mi. from Geneva. 110' frontage with shale beach. Excellent swimming and fishing. Over 2000 sq ft. 3-4 bedroom, living room with woodstove, dining room, large cherry kitchen, new furnace, natural cedar shake siding, large deck, 1 car garage, dock, boat hoist. Beautiful sunsets. Call 315-585-9515 for more info.

FREE kittens (approx. two months old). Contact Colleen at x318 or cmh6.

WANTED: Room from late May to the end of August for male graduate student. Contact Muhammet Tonguc (mt59).

People Committed
to Your Health & Safety

KEEPING YOUR COOL!



WHAT'S HOT? It can be summer weather in the Finger Lakes. Nothing beats beautiful warm summer weather for enjoying favorite summertime sports and recreation activities. Warm weather can bring its own kind of challenges, however, especially for people who work outside or in hot and humid conditions. Heat stress and exhaustion can occur when our bodies can't sweat enough to cool off, such as when we work or exercise in hot weather. Workers who are required to wear Personal Protective Equipment (PPE) can also face increased heat stress occurrences. Although heat stress can be very serious, it is preventable.

Sources of heat stress can be:

Air Temperature – the higher the surrounding air temperature, the more heat stress occurs.

Air movement – when the surrounding air temperature is above your body temperature, increased airflow transfers more heat to your body.

Humidity – humidity determines the rate at which sweat evaporates from your skin and cools your body. High humidity levels can severely reduce your body's capacity to cool itself.

Radiant heat – the sun, hot asphalt, steam pipes, radiators and ovens produce radiant heat. The greater the source of radiant heat, the greater the potential of heat-related illness.

Metabolic heat – it is produced by your body in relation to the work that you are doing. The more strenuous the work, the more heat your body produces and the harder it must work to eliminate it.

High environmental temperature, high humidity, strenuous exercise or impaired heat loss may cause a variety of heat disorders. Heat cramps, heat exhaustion and heat stroke are very important medical conditions which need prompt attention.

Heat cramps may occur after heavy sweating brought on by prolonged physical work. Painful spasms develop in limb and abdominal muscles subjected to intensive work and fatigue, while body temperature rises. These cramps are caused by salt depletion that results when the loss of water due to heavy sweating is replenished with plain water containing no supplementary salt and the sodium concentration in the body falls below a critical level. If heat cramps occur stop physical activity and rest in a cool place and replace body fluids. Heat exposure should be avoided for 24-48 hours after heat cramp occurrence.

Heat exhaustion is the most common heat disorder and results from severe dehydration after a huge amount of sweat has been lost. Basically, heat exhaustion occurs due to circulatory deficiency from water and/or salt depletion. If left untreated, it can lead to heat stroke. Early detection and prompt management is essential. The victim should lie down in a cool place, wipe the body with a cool towel or sponge and replace fluid and salt loss.

Heat stroke is a serious medical emergency and requires prompt diagnosis and rapid treatment. If heat stroke is suspected, seek medical attention from trained professionals for the victim immediately. Uncontrolled high body temperature can cause tissue damage. Prolonged physical exertion in high environmental temperatures can lead to heat stroke. Individuals who work or exercise vigorously in hot, humid environments are at a high risk for exertion-induced heat illness, whether heat exhaustion or heat stroke. Basic symptoms include headache, nausea, dizziness, drowsiness, weakness, confusion, disorientation, aggressiveness or irrational behavior. To prevent heat stroke, supervisors and employees should take into consideration the workload and the level of heat stress that may be encountered. Minimizing the level of prolonged physical exertion during the hottest part of the day, wearing proper clothing to facilitate air movement and unlimited and frequent access to water and frequent rest periods are very important.

What you can do to prevent heat stress:

- Learn to identify the symptoms of early heat stress.
- Adjust your body to the heat (acclimatize) by gradually increasing the amount of time you spend in the heat. Most people acclimatize to warmer temperatures in 3-5 days.
- Drink at least 4-8 ounces of fluid every 15-20 minutes to maintain proper balance during work periods in hot or humid environments. *Do not depend on thirst alone – make a conscious effort to drink fluids often.*
- Alternate work and rest cycles to prevent over exposure to heat. Whenever possible, rest periods should include relocation to a cooler environment.
- Perform the heaviest workloads during cooler parts of the day. Talk with your supervisor about flexible work schedules to allow adjustments for prolonged periods of unusually hot weather.
- Wear light and loose fitting clothing whenever possible for good air circulation near your skin. Some situations in which protective clothing must be worn can increase your heat load. Special precautions and training may be required in these instances. Call Environmental Health and Safety (x466) if you have questions about these circumstances.

Minimize the risks of heat stress by recognizing early symptoms and how to prevent problems from occurring in the first place. Once you have a good understanding of heat stress, your judgement about your own condition will play an important role in providing for your safety and health.

ABOVE ALL—KEEP YOUR COOL!