

CORNELL
UNIVERSITY

STATION NEWS

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JUNE 28 - JULY 5, 2002

BRIEFS

Necklace Found

A necklace was found earlier this week by the stairs leading to the entrance of the basement of Barton Lab. Call x2314, to claim.

A. Andersen

Avoid Heat Stress

I'm sure everyone has noticed that it's getting hot outside! Please be aware that heat stress is a very dangerous—and sometimes deadly—illness that is easily preventable.

One of the primary causes of heat stress is dehydration. It is possible to lose 5 liters of sweat per day in extremely hot and humid conditions, when doing strenuous work, and/or when wearing protective clothing. Be mindful of replacing lost fluids! Some tips:

- anticipate conditions that will increase the need for water, including the use of protective clothing, high humidity, high temperatures, and difficulty of work

- "prehydrate" by drinking 8-16 fluid ounces of water before work begins

- drink 4-8 ounces every 15-20 minutes during work

- continue to drink water after work

- keep water within easy reach; back-pack style hydration systems can be very useful but should not be worn in hazardous environments (e.g., when applying pesticides); back-pack style hydration units have the added advantage of cooling the back

- drink cool water—your body will absorb it more quickly

- don't let yourself get thirsty—thirst indicates a state of existing dehydration

- avoid alcohol and caffeinated beverages that act as diuretics and further dehydrate your body

Other tips:

- workers should acclimate to warm temperatures and increased physical labor

- workers should alternate "light" and "heavy" work and indoor/outdoor work as much as possible

- consider cooling vests, designed to keep the body's core cool

- wear loose fitting clothing and keep skin as dry as possible to avoid heat rashes

- minimize harmful sun exposures by applying sunscreen before and during outdoor work

For more information about preventing heat stress, and the signs and symptoms of heat illnesses, refer to the "Heat Stress" fact sheet.

M. Cummings, EH+S

(BRIEFS, Continued on page 2)

Mark Scott Receives 'Patriot' Award from Dept. of Defense

Mark Scott, manager of the Experiment Station's Field Research Unit, received a Patriot's Citation from the United States Department of Defense on behalf of the 98th Division of the U.S. Army Reserves. The award was presented on Monday, June 24, by Command Sergeant Major Mike Gallucci for the 7th Brigade of the 98th Division, in a ceremony held in Jordan Hall.

The Patriot's Citation recognizes employee support of the Reserves and National Guard during times of national emergency. Employees provide support by allowing reservists to leave their civilian jobs on 48-hour notice, and also by providing job security while they are serving their country.

Scott was nominated for the award by reservist William 'Tim' Brightman, who works for the Field Research Unit at the Station. Brightman was activated under Operation Enduring Freedom after the attacks on the Pentagon and the World Trade Towers on Sept. 11. He was called to duty on Oct. 17, 2001, and reported to Fort Leonardwood, in Missouri, as a Combat Multiplier in the 98th Division, on Oct. 19. Brightman's job was to integrate newly activated reservists and soldiers into the army by providing orientation and integrated training before they went overseas or into basic training. He served six months, was discharged from active duty on April 17, and returned to the Station shortly thereafter.

"This award is a testament to the team you have here at the Experiment Station, and to the teamwork that Mark Scott instills in all of you," said Gallucci, who is a representative of the Employee Support of the Guard & Reserves (ESGR). "Mark Scott leads by example." Gallucci presented the certificate to Scott "on behalf of Major General Wilson of the 98th Division and on behalf of the men and women of America's reserve forces for outstanding service to national defense through continuing support of the National Guard and Reserves."

Scott's was one of three citations given out so far by the 98th Division. According to Gallucci, the decision to award a citation is made in Washington and depends heavily on the nomination package submitted by the reservist. "In this case, Sergeant First Class Brightman must have done a commendable job," said Gallucci.

"September 11 was a difficult day for every one of us," said Scott, upon receiving the award. "The Field Research Unit is very proud to have had a representative from our unit called up for active duty to serve our country."

Brightman served in the U.S. Army for six years, from 1976-1982, in military intelligence and as a medic. He has been a reservist for 16 years. This was the first time he had ever been deployed as a reservist.

"It was very nice to have the support of my boss, Mark Scott, and the rest of the Station. Everyone has been more than accommodating," said Brightman. "I had only been employed here six months when I got the call. When I left we were right in the middle of apple harvest. I know a lot of guys had to cover for me." Brightman works with heavy equipment, under the direct supervision of Lee Hibbard.

Hibbard said, "We were proud to see Bill go. By rearranging work schedules and putting in some overtime, we were able to cover for him."

Brightman's wife, Susan, works for the IR-4 program in Food Science & Technology department. The couple have three children, Chaston, 16, Kellyn, 15, and Kaitlin, 4, and live in Newark, NY.

L. McCandless

Have a happy and safe 4th of July!

CALENDAR of EVENTS**JUNE 28 - JULY 5, 2002****FITNESS****Aerobics**

Date: Monday and Friday
Time: 12:10 - 1 PM
Place: Sawdust Cafe

Taekwondo Class

Date: Monday, July 1, 2002
Time: 12:10 - 1 PM
Place: Jordan Hall Auditorium

Taekardio Class

Date: Wednesday, July 3, 2002
Time: 12:10 PM
Place: Jordan Hall Auditorium

**Write a Best-seller!
*Advertise in the
 Station News
 Classifieds!***

Make sure to email bcd9 before Tuesday at 3:00 pm to make sure your ad runs.

**STERLING
 RENAISSANCE
 FESTIVAL**

Open Saturdays and Sundays

Now - August 11, 2002

10:00 am - 7:00 pm.

Station Club is sponsoring the sale of discount passes

\$14.99/adults

\$5.99 6- to 12-yr olds

Tickets are available by contacting Amy Andersen at 2314, stopping by A103 Barton Lab or by email (ada10@nysaes.cornell.edu.)

Seabreeze Tickets Available

The cost is \$14.50 each, a savings of \$3.

Kid passes (under 48" in height) are \$13.50.

Kids' 2 and under are free.

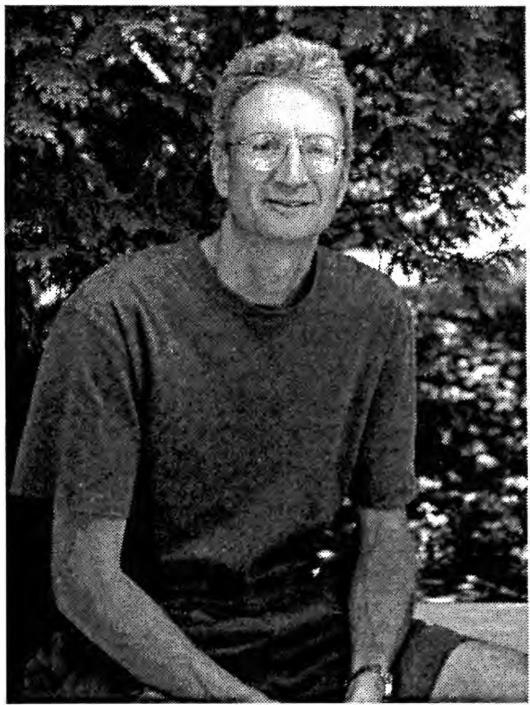
These passes are valid weekends Now - June 16 and then 7-days - a week from June 20 through Labor Day (holidays included).

Tickets are available in Room 150, Food Research Lab.

FLCC Recognizes Jim Engel for Professional Accomplishments

Finger Lakes Community College (FLCC) recently honored four alumni for their professional accomplishments at the 18th Annual Widmer's Honors Banquet. These graduates included James Engel, '94, of Atlanta, N.Y., recipient of the Outstanding Horticulture Alumni Achievement Award.

Engel's interest in horticulture started before he pursued his degree. He began by propagating hardwood trees as a hobbyist and experimenting with collecting, treating, and germinating seeds. In 1991, Engel opened White Oak Nursery and sold tree seedlings. In 1992, he entered FLCC as a full-time student, earning an A.A.S. degree in ornamental horticulture in 1994. Following graduation, Engel was offered an opportunity to work at the New York State Agricultural Experiment Station in Integrated Pest Management. Engel is now responsible for managing a vegetable systems trial involving four different vegetable growing systems, encompassing the full range of growing practices. He compares these systems according to assessment of their economic and environmental impact. Engel has purchased 50 acres with long-term goals of establishing a shade-tree nursery and changing the paradigm of the typical residential landscaping environment. By changing the species composition of landscape plantings, Engel says we can create simulated natural plant communities and refuges for native wildlife. Engel is currently restoring a six-acre oak/hickory wood, learning to control invasive species, and introducing native shrubs and herbaceous plants by seed and plant.



Jim Engel

(BRIEFS, continued)

Campus Water Tower

The renovation of the campus water tower has started. The renovation work includes: welding work, sandblasting of the complete tower inside and out, and the complete painting of the tower inside and out. This work can only be done in the summer.

The work will take the months of July and August to complete. The weather plays a very important part in how long the project takes. There will be noise and dust during the sandblasting of the tower. The contractor will have containment tarps hung around the tower to keep the old paint (no lead) and the sand contained, but there will be dust, and, of course, it depends on what way the wind blows as to where the dust will go. We have recommended the windows and doors on the west side of Jordan Hall stay closed and the Triplex House also. When parking at Jordan Hall, park on the east side of the building or park on the main campus and walk to Jordan. You will get dust on your car! The contractor will be using some of the rear parking lot for their equipment storage.

The next item is the use of the Pavilion behind Jordan Hall. We have the option to close the pavilion and cancel all the activi-

ties, BUT, because people already have events scheduled, we will leave it open, although we are not scheduling any other functions at the Pavilion during July and August.

The weekends should not be a problem unless it rains or storms during the week and the contractors cannot work. Then they will have to make up the time on Saturdays or Sundays. I have reached an agreement with the painting contractor that he will stop sandblasting by noon on Fridays and then he will paint the area that was sandblasted until approximately 3 p.m. Any events that are scheduled for Friday at the Pavilion should not start before 3 p.m. I know this is an inconvenience to some people and we are sorry, but the water tower work must be completed as soon as possible so we can get the tower back on line. I would suggest to the people that can change their plans for Pavilion use, please do so. The rental fee for the Pavilion will be returned to you (see Gemma Osborne, or call x2428).

Again, we do apologize for any inconvenience that this work may cause. If you have any questions or concerns, please call or e-mail me.

I will update you as project progresses.

Ralph D'Amato