Everyone Has A Story—Myron Beasley

What happens on the journey from Israel to Lewiston, ME? Just ask Myron Beasley.

Originally from Tel Aviv, Myron has somehow found his way to our small city in the heart of Maine. As you can imagine, many things happened along this path to Bates. Through the years, Myron developed many friendships with individuals living on the coast of Maine and found his own writing space on Monhegan Island. While living in the Boston area, he made many treks to the north to visit. He developed a love of the study and one day declared to friends and family his desire to live in Maine. A short time after this declaration, a position became available at Bates.

Myron is a Visiting Professor of African American and American Cultural Studies. Although his office is located in Pettengill, one of the things that Myron loves about Bates is the wealth of opportunities to get out and interact with students, faculty and staff. He feels that Bates is unique in the sense that there appear to be no real clear distinctions between the various groups on campus. He cites frequently seeing students, faculty and staff dining together in both New Commons and the Den.

It is not surprising that Myron would make such an observation; many of his lessons and projects both in and out of the classroom have evolved from discussions of food. His work involves immersing himself in the communities in which he lives and telling their stories. An important piece of the community story is the sustenance and nourishment that is available to its characters. He cites our Dining Service operation as being a unique community in itself.

Myron indicates that, in his opinion, the Dining Service employees are some of the most important members of staff on our campus. In addition to being the providers of sustenance to the campus, the employees in Dining Services that he has encountered are always friendly and engaging and make his visits to the dining facilities a pleasurable experience. He has been allowed to learn pieces of their stories and experiences.

Myron sums up his experience in Maine and at Bates as providing three essentials in his life: the opportunity to teach good students; the opportunity for good, quality research and the opportunity to “live a simple life.”

Thank you, Myron, for sharing your story and your love of Maine!

COMMUNICATOR

FAQ’s: Your Retirement Savings Plans

Why did the amount of the College’s contribution to my Pension Plan Account change in my January paycheck?
The contribution formula for the Bates College Pension Plan resets on January 1st of each calendar year. The College contributes 6.7 percent on the first $16,850 earned each calendar year and then 11 percent on any amount earned over $16,850.

What is the maximum amount I can contribute to TIAA-CREF in 2009?
The IRS has increased the amount you can contribute in 2009 to $16,500. If you are going to turn at least age 50 by the end of the year, you have the opportunity to contribute an additional “catch up” contribution of $5,500 for a total of $22,000.

If I make contributions to TIAA-CREF does the College make additional contributions?
Yes, in addition to the College’s contributions to the Pension Plan described above, if you contribute at least 1 percent to TIAA-CREF, the College will match that 1 percent. You may contribute more than 1 percent to the above maximums described above but the College match remains at 1 percent.

The value of my 403(b) retirement account is declining because of the recent market volatility. I am considering holding off on making additional contributions until the market starts to go up again. Is that a good idea?
While every investor needs to make an individual decision about setting money aside, most financial professionals agree that you do not want to miss out on taking advantage of your employer’s retirement program.

Can I make contributions to TIAA-CREF if I have a Roth IRA?
Yes, you may contribute to TIAA-CREF if you have a Roth IRA. Please contact TIAA-CREF directly to find out how to make your contribution.

www.tiaa-cref.org

Laura Miller, Service Employee, Dining Services
Jan Perreault, Records Specialist, Office of the Registrar

Free tax preparation for taxpayers who earn less than $50,000 a year.

For a free tax preparation appointment with an IRS-Certified Volunteer Preparer, please call 207-513-3160.

Available through March 31, 2009.

INSIDE THIS ISSUE

Ladders and Your Safety
Off-Campus
Dates of Interest
Heart Health
PD: Mid-Year Review
Notes from
Everyone Has a Story

INSIDE THIS ISSUE

Ladders and Your Safety
Off-Campus Study Office
Dates of Interest in February
Heart Health Awareness
PD: Mid-Year Review
Notes from BCSA
Everyone Has a Story

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Off-Campus Study Office

Dates of Interest in February

Heart Health Awareness

PD: Mid-Year Review

Notes from BCSA

Everyone Has a Story

Leading your team to safety is everyone's job. But just how safe is your workplace? Bates employees and other organizations in our community can help.

The Off Campus Study Office is open for student inquiries on Wednesday afternoons.

That’s the day for meetings of the Institutional Review Board. Come join us for the next meeting, scheduled for February 25.

February is Heart Health Month. The Campus Health Resource Center offers information and support to students, faculty, staff and their families.

PD: Mid-Year Review is your reminder to submit your self-assessment this month. Your feedback helps BCSA improve.

Notes from BCSA include updates on the development of the Academic Core and the Common Curriculum.

Everyone has a story. Come share yours in the Communications Office this month. It could be your story, or someone else’s....
Ladders and Your Safety

Did you know that each year there are 164,000 injuries tied to something solid to keep the feet from slipping away from the wall. It wouldn’t be a bad idea to also secure the top in place to prevent sliding.

Be sure your ladder is long enough to allow proper placement. For every four feet of height the base of the ladder must be one foot away from the object or wall it is leaning against. A 12-foot ladder must have its feet three feet away from the wall. If you must get off the ladder, for example to get onto a roof, be sure you have at least three feet of ladder above the platform you will climb onto. Don’t stand on the top three rungs of an extension ladder. Extension ladders can be equipped with spiked feet which are essential for use on ice. The base should also be tied to something solid to keep the feet from slipping away from the wall. It wouldn’t be a bad idea to also secure the top in place to prevent sliding.

February is National Heart Health Awareness Month and in light of that, here are 5 ways to reduce your risk of heart disease.

1. **Don’t smoke**
   - Seek support in quitting; Bates’ very own Keith Pry is running a tobacco support group at St. Mary’s every Thursday night at 7pm.
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2. **Avoid refined carbohydrates**
   - Found in products like white bread and baked goods made with white flour. Of course, you’ve probably heard this advice before but check this out: a study which found in products like white bread and baked goods made with white flour. Of course, you’ve probably heard this advice before but check this out: a study which

3. **Limit your alcohol consumption**
   - While having one drink can actually reduce your risk of heart disease, the opposite is true if you over consume.

4. **Eat a predominantly plant-based diet**
   - High in fruits, vegetables, whole grains, beans, fish, fish, fish, small amounts of lean meat and plenty of healthy un-saturated fats from unsalted nuts, avocados, olive oil, and canola oil.

5. **Exercise**
   - At a moderate to vigorous intensity for at least 30 minutes a day on most days of the week. Walking, Cross Country Skiing and Snowshoeing are all great activities to do during the winter months in Maine. If it’s too cold outside, head to the Merrill Gymnasium or Davis Fitness Center.

Each month, the Communicator highlights a program, interesting fact or accomplishment of a department or office on campus. February’s featured office is Off-Campus Study Program Office.

**Dates of Interest in February**

- **February 5th** Bi-Weekly Payroll
- **February 9th** Performance Development Open Lab (9 a.m. to 11 a.m.)
- **February 12th** Monthly Payroll
- **February 13th** Bates Wear Red Day
- **February 18th** Performance Development Open Lab (1 p.m. to 3 p.m.)
- **February 19th** Bi-Weekly Payroll
- **February 24th** Lunch ’n Learn—Heart Disease 101

**Notes from BCSA**

Greetings from BCSA Steering Committee! Did you know there are a number of ways to communicate and have your voice heard? You can visit the BCSA on the Bates College website:

http://www.bates.edu/x153847.xml

Online suggestions will automatically be sent anonymously or if you wish, you may include your name. You can also submit your thoughts/concerns/suggestions via the BCSA envelopes that are located around campus; Libby Forum, Lane Hall mailroom, Human Resources, Physical Plant break room, and the New Commons break room.

We want to hear what’s going right, what needs attention and what we can do better. You can certainly talk to any member of the BCSA Steering Committee. We want to hear from you!