

# Crimson Chronicle

Volume 1, Issue 2

9/29/11

## Note from the RD!

I hope you all are settling in well and enjoying your classes. I just wanted to thank you all for your wonderful response to the recent fire alarm. The fire department was impressed on how quickly we evacuated the building! Another great thing is the student's whose room had the issue came immediately to the RA on duty and let us know about the situation. This allowed us to target our response quickly, and reduce the time you needed to spend outside (though I'm sure it felt like it was forever!). If for some reason you accidentally set off the fire alarm, it is in your best interest to contact the RA on duty as you are evacuating so we can reduce our response time and resolve the situation quickly. If the fire alarm does go off, please exit the building as quickly as possible. Familiarize yourself with all of the fire exits, not just the main entry doors in case the front doors are blocked for any reason. If you are not sure where they are located, ask your RA!

Keep on rockin', Crimson!

-Julie, RD Crimson Hall

The Crimson Chronicle will be a bi-weekly newsletter for general updates, green tips and programming updates!

This year, we will be starting Hall Stars—nominating students who are doing great academically or are helping to build community in Crimson Hall. Each week, we will pick floor winners. Each month, we will pick Hall Star Of The Month winners! Ask your RA for more info!

We are also looking for programming ideas around our green building! Have an idea for sustainable programming? Email me at Julie.Hayes@Bridgew.edu.

RHA is a great place to address any facilities or programming concerns that you may have! We will meet at the front desk (by the RD & RA offices) to go as a group at 5:10 and 5:15. Come join us!

## Meet our Staff!

### *Jay Davis, Institutional Maintenance Foreman*

Continuing the Staff Spotlight, our next employee feature is Jay Davis!



**So, Jay, where are you from?**

I grew up in Whitman. I currently live in Halifax.

**Tell us a little bit about yourself?** I'm a carpenter by trade. I have a 3 yr old son, he's my best friend!! I enjoy riding my Harley, watching NASCAR, football (Go Raiders!!) and hockey.

**What is your current position, what does it entail?** I'm the IMF for Res Life. I work with Joe Amato and the rest of Res Life staff, to ensure the buildings are clean and safe.

**How long have you worked at BSU?**

I'll have been here a year come the end of October.

**What is your favorite thing about Crimson Hall?**

I really like the layout of the building and the suites. Wish they were like that at the college I went to!!

**What green initiatives are you most excited about for the year?**

I can't really say I'm excited about any one particular thing. If it's good for our environment

# Handwashing Do's and Don'ts!

Fall and winter are on their way here, along with cold and flu season! Follow these handy tips to stay healthy!

## Hand washing: Do's and don'ts

**Hand washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer and how to get your children into the habit.**

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness. Hand washing requires only soap and water or an alcohol-based hand sanitizer — a cleanser that doesn't require water. Find out when and how to wash your hands properly.

### When to wash your hands

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

#### Always wash your hands before:

- Preparing food
- Eating
- Treating wounds or giving medicine
- Touching a sick or injured person
- Inserting or removing contact lenses

Of course, it's also important to wash your hands whenever they look dirty.

#### Always wash your hands after:

- Preparing food, especially raw meat or poultry
- Using the toilet
- Touching an animal or animal toys, leashes or waste
- Blowing your nose, coughing or sneezing into your hands
- Treating wounds
- Touching a sick or injured person
- Handling garbage or something that could be contaminated, such as a cleaning cloth or soiled shoes

### How to wash your hands

It's generally best to wash your hands with soap and water. Follow these simple steps:

- Wet your hands with running water.
- Apply liquid, bar or powder soap.
- Lather well.
- Rub your hands vigorously for at least 20 seconds.
- Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel or air dryer.
- If possible, use your towel to turn off the faucet.



Keep in mind that antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap may even lead to the development of bacteria that are resistant to the product's antimicrobial agents — making it harder to kill these germs in the future.

From: <http://www.mayoclinic.com/health/hand->

## September/October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28 RHA! 5:30 in the RCC!	29	30 Carmel Apple Program!	1
2	3	4	5 RHA! 5:30pm in the RCC!	6	7	8 RHA Apple Picking Program!

Don't forget to add Crimson Hall on Facebook for updates and great programs:  
<https://www.facebook.com/BSUCrimson>