Rebecca Barth: Living Life to the Fullest
By Cindy Helfrich

One recent evening, during her son’s soccer practice, Becca Barth and I went for a long walk around the New Oxford Intermediate School grounds and talked about the volunteer work she had done while working reduced hours over the summer. She mentioned that she had thoroughly enjoyed helping out with Campus Kitchen and would like to continue volunteering even though she was back to work full time. Then, after a moment or two of thought, she started to laugh. “I think I have an hour and a half free on Wednesdays!”

Becca embodies involvement in every aspect of her life. As Academic Administrative Assistant for the History and Classics Departments, her job description makes her the go-to person for two very active departments. But behind the scenes she has also been known to flip burgers at the departmental picnic, stay up all night to make tamales for FASH, serve Thanksgiving dinner at the Dining Center, and lend a sympathetic ear to students in need of some TLC. She might just understand their struggles better than most, because she is also a student here. As a Classics major, Becca arranges her schedule to take two classes each term – this semester, Survey of Greek Civilization and Introduction to Cultural Anthropology. She’s fluent in three languages – English, Spanish, and American Sign Language – and can read Ancient Greek.

Efforts on behalf of her family, and the local community, dominate Becca’s personal life. She serves as Parent Training Committee Coordinator at Vida Charter School in Gettysburg, where her two younger children (Sebastian, 11, and Roxanna, 5) are enrolled. For the last two years she has taught sign language during the summer Meals and More program at Prince of Peace Episcopal Church. Her son Michael, 14, is deaf, and she’s a strong advocate for his needs both in and out of school.

When Becca volunteers at Campus Kitchen, preparing produce and dividing up prepackaged goods from local businesses and family gardens (including her own), she often brings one of her sons to help alongside her.

With all three children playing soccer, Becca has taken on the roles of soccer mom, soccer coach, and Registrar for the Bermudian Springs Youth Soccer Organization. When the weather is nice, she keeps up her own fitness by walking during practice, and sometimes she takes a homework break and pops in a Zumba tape at home. Keeping up her stamina is essential if she wants to make it through the Heart Walk every year!

You might wonder what Becca does to relax. She enjoys crocheting baby clothes and blankets for friends – and for her friends’ friends. She likes making jewelry to give to her many nieces, especially when she has the opportunity to give it to them in person when visiting family in Texas. She’s even enthusiastic about canning the bushels of fruits and vegetables harvested by her husband, Ignacio “Nacho,” from their generous garden.

To me, the very best thing about Rebecca Barth’s life is that she enjoys every minute of it.
Campus Kitchen: Teach, Reach, Feed, Lead
by Rebecca Barth

The Gettysburg College Campus Kitchen, located at 153 N. Stratton St. Rear, is managed by the Center for Public Service and student Program Coordinators. It rescues unserved food from our Dining Services as well as from local hotels, restaurants, and caterers.

Although they have recovered over 37,084 lbs. of food, served over 21,495 meals, and logged over 3,167 volunteer hours since 2007, the staff is continually searching for ways to improve their services to the community. However, without volunteers they would not have been able to achieve their mission.

The Campus Kitchen is always in need of helping hands. How can we as support staff become involved? One way is to volunteer for cooking and repacking shifts at the kitchen, which prepares food for such agencies as “Meals on Wheels” (see http://www.gettysburg.edu/about/offices/college_life/cps/campus_kitchen/ for available days and times). Another is by donating non-perishable foods, especially canned fruits and vegetables which are in short supply during the winter months. The Kitchen is always in need of the following items: plastic containers, spices, plastic wrap, foil, plastic storage bags, dish soap, hand soap, sponges, and “green” shopping bags.

If volunteering for cooking and repacking shifts at the Kitchen doesn’t fit your schedule, go GLEAN! Gleaning is the recovery process by which groups go to local farms and orchards to collect the leftover produce in the fields. This is a great opportunity to get out with family or co-workers and enjoy the fresh air while helping to support the Kitchen and the community. If you have other life skills (i.e. cooking, canning, etc.), donate your time to teach those in need of the skill. Whether you are interested in teaching, reaching, feeding, or leading, the Campus Kitchen is grateful for your generosity in providing the helping hands they need to support our community.

How Aware Are You? By Joyce Sprague

Many of you may already know that October is Breast Cancer Awareness Month, but “awareness” can mean different things. For example, I became aware of breast cancer (that it exists and that people don’t always survive) when my mother’s first cousin died of breast cancer in the 1970s. I became aware of how many women have been touched by the disease when I had a personal battle with it in 1989. In the 1990s when I became a Reach to Recovery Volunteer for the American Cancer Society, I became aware that men can develop breast cancer, too. I also became aware that survival often depends on early detection (which not only includes regular screenings but self-exams).

Survival also depends on improved treatments, and improved treatments are mostly the result of research, which, of course, depends on funding. You may have already gotten involved in fund-raising by participating in a walk-a-thon, by attending a fund-raising dinner, or simply by buying a bunch of pink carnations or daffodils. If you are still wondering how you can help, just log onto one of the breast cancer websites, such as www.cancer.org. You may also be interested in purchasing a book that launched this month. The title of the book is Pink Ribbon Stories: A Celebration of Life. The book is a compilation of 123 stories written by women and men whose lives have been affected by breast cancer. Several of the stories were written by people from this area (myself included) and are full of inspiration, hope, and humor. The book is available electronically through eBookIt, Amazon, and Barnes and Noble for $9.99 (Kindle for $7.79). The paper version ($15.00) is available through www.tammyspeaks.com. All proceeds go to the Pennsylvania Breast Cancer Coalition.

Free Breast and Cervical Cancer Screening!

You may qualify if you are 40 – 64 years old (women under 40 may also qualify), have no insurance or limited insurance, and have low to moderate income. For more information, call 1-800-215-7494 or go to www.pahealthywoman.org. Funded by the Department of Health and through a grant the Department receives from the Centers for Disease Control and Prevention.
Deer Me! by Joyce Sprague

When I was a child growing up in a small town in North Carolina, I couldn’t wait to go to the big city zoo to see the animals, especially the gentle doe and their baby fawns. In later years, as I walked in the woods while camping with my husband, I’d search diligently for any sign of a flashing white tail. In 1999, we began clearing land to build our new home and I was delighted to see that not only did a deer trail run parallel to the edge of our back yard, but there was a herd of about 15 deer in the area. I would often stand silently as a doe and two or three fawns foraged their way past our house and disappeared into the nearby game lands.

My love affair with deer didn’t last long, however. I would soon learn that the deer did not see me so much as an intruder as a welcome new source of food. Any flowers that bloomed were beheaded before morning. I tried everything on the market that claimed to discourage deer from venturing into our yard, and purchased plants that were “deer proof.” Nothing worked. Eventually I noticed that one doe would bring her babies to the edge of our patio to drink from my small “husband-made” waterfall. At first, I was able to scare her away by opening the door or window, but eventually she seemed to know that I wouldn’t hurt her and would just stand and watch me. I tried yelling at her to “go home” and even tried to reason with her (“you have the rest of our 20 acres to forage, can’t you at least stay out of our yard?”), but neither my entreaty nor my banging of pots and pans fazed her. I noticed her offspring would run a short distance but then stop to watch their mom’s reaction and behave accordingly.

Over the years, the doe and her now adult fawns had more babies…and they all learned that the Sprague yard was not only a safe haven but offered a tempting array of fresh flowers every spring (and did I mention the vegetable garden?). Last year they ate everything, even the green tomatoes! I had had enough!! The next time I saw a deer, I threw open the window and barked like a dog. It didn’t do much for the deer but it gave my husband a good story to tell his friends!

This past summer we erected a deer fence around the garden and everything was fine until I backed out of the garage one morning and the sound of the garage door startled a grazing deer. She (or he…we also have a couple of spike bucks) plowed into the fence and then spent a few minutes jumping up and down trying to get out. Apparently the best way out was through the rear part of the fence rather than through the front hole she just made. I was determined that the next time I saw a deer in our yard I would chase it and make it afraid to return. Fortunately for the deer, and for my bad knees, the next time I saw a doe she was nursing her twins in my back yard. My heart melted and I gently let her know that she was safe…for now. She doesn’t know that I can shoot a squirrel out of a tree while it’s chasing its tail. When is deer hunting season anyway?

President’s Dinner for Support Staff
SAVE THE DATE: Sat, January 21, 2012

The President’s Dinner for Support Staff will be held at the Eisenhower Inn. Doors will open at 5:30 pm, meal at 6:00 pm, and program at 7:00 pm, followed by dancing. Invitations will be sent in mid-November.
Janet’s Post by President Riggs

Many of you are aware that over the next two years we are working to improve some of our facilities and prepare Plank for a major renovation. I thank the many Facilities staff members who will be working on these projects, as well as those of you in departments who will experience the trials and tribulations of moving your offices. Obviously, the long term goal is to provide the best space we can to support our students, faculty, staff, and programs.

It would be an understatement to say that we’ve had a wet beginning to the academic year. The weather has had an impact on several of our buildings, and we will continue to try to resolve these problems. This fall, we have “welcomed” trailers to the Constitution parking lot to accommodate those departments that were affected by moisture on the ground floor of Glatfelter Hall. We are still working to identify options with regard to longer-term locations for these programs.

You will also notice work beginning behind the Central Energy Plant in preparation for a move this winter that will consolidate our Facilities staff and space. That move precedes a renovation of part of West Building that will allow a consolidation of Information Technology in that building, as well as improved space for our Studio Art program. The consolidation of IT will free up much needed space in Musselman Library and will also allow for additional temporary academic space in Plank.

At the end of the spring semester, we will bring in a small village of modular buildings to support the Biology and Psychology programs in McCreary as they move out to allow for an upgrade of the building’s systems (HVAC, etc.) and some office, lab, and teaching space. This project will definitely have some impact on the availability of parking spaces in Constitution lot, and we are working to be sure that there is sufficient parking, even if it requires a slightly longer walk. We expect the work in McCreary to be completed in time for these departments to return to the building in January, 2013.

Many other small-scale projects are planned as well, as we try to improve those areas that have the greatest needs.

You have all seen the road sign that says, “Temporary Inconvenience, Permanent Improvement.” Thanks for your patience with the inconvenience and your willingness to keep your sights set on the improvements that are ahead.

New Support Staff Employees for Year

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<thead>
<tr>
<th>Name</th>
<th>Department</th>
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<tbody>
<tr>
<td>Heinbaugh, Lisa</td>
<td>Dining/Food Prep</td>
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<tr>
<td>Horstmann, Joanna</td>
<td>Athletics Office</td>
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<td>Kleiner, Justin</td>
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<td>Krewinghaus, Michael</td>
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<td>Mowery, Ashley</td>
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<td>Sass, Michael</td>
<td>Department of Public Safety</td>
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<td>Stockman, Charles</td>
<td>Dining/Food Prep</td>
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<tr>
<td>White, Tina</td>
<td>Bullet Hole</td>
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Upcoming Events:

Oct. 26 – Wellness/Benefits Fair, 11:00am – 2:00pm (CUB Ballroom)
Beginning of November – Thanksgiving Baskets due

Nov. 4 – Emeriti Workshop Meetings 9:30am – 4:30pm various topics throughout the day (CUB 126)
Dec. 9 – Wreath Making BBL, noon – 1:00pm (CUB 126)
HOW DO YOU MAKE AN AMAZING CAMPUS EVEN BETTER?

With PNC WorkPlace Banking. Offering Gettysburg College employees everyday money management with enhanced benefits and rewards, a PNC checking account with WorkPlace Banking also makes campus life more convenient with direct deposit and PNC ATMs right there for you.* Plus, our on-campus financial seminars help you make the most of your money. So stop by a branch near campus or any convenient PNC Bank location, and mention that you work for Gettysburg College, to experience more of the benefits higher education and PNC have to offer.

*With select WorkPlace Banking Checking accounts and qualifying direct deposit. See a PNC Bank representative for details.

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