



A Cause Close to Our Hearts

A group from ChemStation Headquarters and their families ran for a great cause recently in the Pancreatic Cancer Network's Force Against Cancer 5K on October 16th at Carillon Park in Dayton, Ohio. They joined some members of one of the local high school's Tennis Team in honor of their coach who is currently battling pancreatic cancer.

This is a disease that hits close to home for ChemStation so it was a great way to honor George Homan and Andy Jerison who both fought this terrible disease.

For more information on this event, visit www.pancan.org – 100% of the proceeds went directly to PanCan. They said the race/walk raised about \$10k for pancreatic cancer research.



Prevent Worker Hearing Loss

Hearing loss is among the most common work-related illnesses. One way the CDC recommends to prevent work-related hearing loss is to always wear hearing protection in noisy areas, and if using foam plugs to insert them correctly. To get the best protection from your soft foam earplugs, remember to roll, pull, and hold when putting them in. Always use clean hands to keep from getting dirt and germs into your ears.

1. **Roll** – Roll the earplug up into a small, thin “snake” with your fingers using one or both hands.
2. **Pull** – Pull the top of your ear up and back with your opposite hand to straighten out your ear canal. The rolled-up earplug should slide right in.
3. **Hold** – Hold the earplug in with your finger until it expands to fill the ear canal. Your voice will sound muffled when the plug has made a good seal.

Learn more about hearing loss prevention at www.cdc.gov/niosh/topics/noise/default.html.



Food Safety Resource

Food plays a big role in holiday festivities, and all that cooking may come with some questions.

For questions about preventing foodborne illness, safe food handling and storage, and safe preparation of meat, poultry, and egg products, try the resource from the USDA called “Ask USDA.” To search this knowledge base of common food safety questions, just go to ask.usda.gov and use the search box.

For example, when typing in “turkey,” you can find the answers to these questions:

- What is the safest way to thaw a frozen turkey?
- How long can a thawed turkey remain in the refrigerator after thawing?
- How long can you keep leftover cooked turkey?

If you run into any turkey troubles this year, check out this resource! Have a wonderful and safe Thanksgiving!



The expert in anything was once a beginner.
– Helen Hayes

We generate fears while we sit.
We overcome them by action.
– Henry Link

The size of your success is measured by the strength of your desire, the size of your dream, and how you handle disappointment along the way.
– Robert Kiyosaki

BY THE NUMBERS

Gallons of soap delivered:

376,331,860

since 1984



Empty drums saved from landfills:

6,842,397

since 1984

