

# OUELLET TODAY

PARTNERSHIP  
IN CONSTRUCTION



The Bookstore  
Colby College

## Lux Mentis Scientia

"Knowledge is the light of the mind." The Colby College motto is inscribed on the wall as you enter the new 9,500-square-foot bookstore. The bookstore's completion in April, two months ahead of schedule, marked the end of the final phase of the Cotter Union renovation and expansion.



One of the reading areas inside Colby College's new bookstore.

"Relocating the bookstore to Cotter reinforces the building as a true student center," says Joe Feely, director of special projects at Colby.

With its octagonal shape and curtain walls, the two-story bookstore complements Cotter Union, which was designed in 1985 by renowned postmodernist architect Charles W. Moore. Both the bookstore and Pulver Pavilion, constructed in phase one of the Cotter renovation, were designed by Bohlin Cywinski Jackson. Peter Bohlin, who has a great respect for Moore, took the provenance of the existing building into consideration with both designs, resulting in a synergistic whole.

"We're thrilled with the new space," says bookstore director Barb Shutt. "Not only does it flow well from a retail perspective, making it easy for customers to shop, but it's beautiful. Everything—from the carpet to the paint to the clerestory windows above—comes together to generate a 'Wow!' reaction from first-time visitors."

### CURRENT PROJECTS

KETCHUM LIBRARY ADDITION ~  
GEORGE AND BARBARA BUSH CENTER  
University of New England  
Biddeford, Maine

MORGANE HALL ~ SCIENCE BUILDING  
University of New England  
Biddeford, Maine

DECARY HALL RENOVATION  
University of New England  
Biddeford, Maine

ROUSSEAU MANAGEMENT ~  
NURSING CARE FACILITY  
Pre-Construction Services  
Brunswick, Maine

## OUELLET ASSOCIATES INC.

General Contractors & Professional Managers of Construction

# The Caffeine Merry-Go-Round

Are you over-imbibing coffee, tea or sodas that are loaded with caffeine? If so, you're not alone; it's not called "the world's most popular drug" for nothing, after all. According to the National Sleep Foundation ([www.sleepfoundation.org](http://www.sleepfoundation.org)), caffeine in moderation is probably not harmful. Moderation would equal about 250 mg. a day, and should be consumed earlier in the day, the foundation says.

If you're using caffeine to stay alert at work, beware. You could be in a no-win situation that could domino into other problems. For instance, you have a hard time sleeping at night, so you're tired during the day, and therefore you drink caffeine drinks to get through the day, which could make you end up with an even worse case of sleeplessness—and on and on. Also, remember that once your caffeine buzz wears off you're probably going to crash and burn. You can also suffer from feelings of anxiety or irritability, as well as rapid heartbeats from overusing caffeine.

Here is a list of the caffeine content of some common drinks from the Sleep Foundation's website:

- 8 oz. cola (23 mg)
- 8 oz. diet cola (31 mg)
- 240 ml energy drink (80 mg)
- 8 oz. coffee (110 mg)
- 8 oz. decaf coffee (5 mg)
- 6 oz. caffe latte (90 mg)
- 6 oz. cappuccino (90 mg)
- 1 oz. espresso (90 mg)
- 1 oz. decaf espresso (10 mg)
- 8 oz. instant coffee (90 mg)
- 8 oz. iced tea (60 mg)
- 8 oz. U.S. tea (40 mg)
- 8 oz. imported tea (60 mg)
- 1 oz. milk chocolate candy (6 mg)
- 8 oz. cocoa beverage (6 mg)



# Learning From Your Mistakes

If you have made a mistake you don't want to admit, then you should probably consider fessing up. Why? Most of the time people respect those who take responsibility for their own mistakes. Regardless, you will be better off admitting it than spending considerably more energy trying to avoid the subject. After all, everyone makes mistakes, and if you take the time to learn from what went wrong, you'll be a lot less likely to make the same mistake again.

# Deep-Clean Your Phone

If you're getting ready to toss or recycle your cellphone, make sure you've removed all your personal data beforehand. Why? *ComputerWorld* magazine says that if you don't, the personal details of your life could become public or could fall into villainous hands.

Here are *ComputerWorld's* tips for making sure you "sanitize" everything you need to:

- Terminate your account with your cellphone carrier. Then double-check to make certain the account is no longer active.
- Return your phone to its original factory settings. Do a complete reset on the phone so that all information related to you—directly and indirectly—is deleted, including the record of incoming and outgoing calls, your text messages, your notes, your address book, even the alarm clock and wallpaper!

Check out ReCellular at [www.recellular.com](http://www.recellular.com) to find out how to expunge info from phones brand by brand. Under the Online Tools tab, select Cell Phone Data Eraser.

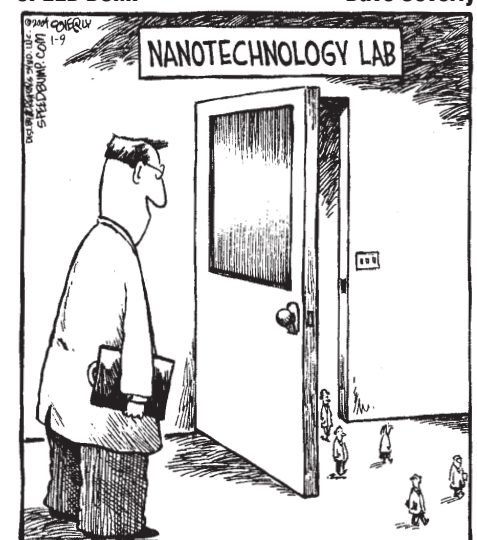
# Change Is In The Air

Feeling stuck? If so, you may want to consider these things, as suggested by author Deepak Chopra in *The Book of Secrets*. Here's what he says you should be thinking about:

- Ask yourself if you're ready for change. Do you enjoy your life as it is now—and if not, then are you merely avoiding change out of fear?
- Are you too distracted to make progress in your life? Is your focus completely on outside matters, with no time left for the inner life? If so, this could be your stumbling block.
- Do you feel like things out of your control are holding you back? Take some time for reflection. Is there something you have neglected and need to learn? Perhaps your timing is just off and you need to wait it out. Or perhaps you are filled with conflict and self-doubt, which are the things that are really holding you back—not things in your external environment at all. Reflecting on the situation could reveal information that will help you move on.
- Are you clinging to outdated views of yourself or your life? If so, you may be serving as your own roadblock. For instance, if you see yourself as lacking in some way or weak, your self-perception might be the thing that needs to change.

SPEED BUMP

Dave Coverly





## Insignificant Knowledge

- 1) What soft drink once promoted itself as the "Un-Cola"?
  - a) Mountain Dew
  - b) Dr. Pepper
  - c) Orange Crush
  - d) 7-Up
- 2) Before the days of UHF and cable, what was the highest station number on a standard U.S. television?
  - a) 8
  - b) 12
  - c) 13
  - d) 17
- 3) In the 19th century, which of these men served as governor of both Tennessee and Texas?
  - a) Sam Houston
  - b) Jim Bowie
  - c) Davy Crockett
  - d) Daniel Boone
- 4) What two U.S. holidays always occur on the same day of the week, seven days apart?
  - a) Labor Day & Thanksgiving Day
  - b) Memorial Day & Independence Day
  - c) Veteran's Day and President's Day
  - d) Christmas Day and New Year's Day
- 5) What import car is the world's best-selling model of all time?
  - a) Honda Civic
  - b) Toyota Corolla
  - c) Volkswagen Beetle
  - d) Nissan Sentra

—from *mental\_floss*

Answers: 1) d 2) c (UHF continued the sequence from channels 14 through 83.) 3) a 4) d 5) b (More than 30 million have been sold since 1966.)

## Maybe It's Time To Give Up Making The "Best" Decision

According to decision-making expert David McDermott, trying to make the "best" decision might not be the smartest strategy. Why? McDermott ([www.decision-making-confidence.com](http://www.decision-making-confidence.com)) says to make the best decision, you would have to gather tons of information and know things that are impossible to know. This often leaves people in a sort of decision-making paralysis.

So what's a decision-maker to do? McDermott suggests that you simply give up trying to make the "best" decision and try instead to make an "effective" decision. To do this you have to ask yourself whether the option you're considering is going to get you what you want. If so, choose the option and you will save time and accomplish your goal without a lot of the worry that most people put themselves through. Keeping your eye on what you're really seeking is the key to decision-making that gets you where you want to go.

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## Fore!

For golfers, getting a hole in one is one of the highest achievements of the game. The National Hole in One Association estimates that the typical amateur golfer (on a par three hole) hits a hole in one once every 12,750 shots. The best amateurs ace one every 7,500 shots. Professional golfers hit a hole in one about once every 3,750 shots.

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## Great Scott!

Scott Paper Company was the first to make paper towels, but it was more of a happy accident than a true invention. In 1907, an entire railroad car of paper was unloaded at the Scott manufacturing plant in Philadelphia, but it was too thick for its intended purpose of making toilet paper.



Meanwhile, Clarence Scott, one of the company's founders, heard about a local teacher who gave her pupils individual squares of paper to dry their hands (rather than use the fabric roller towels in the restrooms) in an effort to stop the spread of colds. With this idea in mind, Scott perforated the thick paper into small towel-sized sheets. He eventually named them Sani-Towels and sold them to hotels, restaurants and rail stations for use in public washrooms. In 1931, Scott began making perforated rolls of paper towels specifically for kitchens and household use.

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## O Say, Did You Know?

- The Star Spangled Banner, the national anthem of the United States, has a range of one-and-a-half octaves, making it difficult for most people to sing. It has four stanzas, each containing 32 bars and 101 notes.
- The first time the anthem was played at a baseball game was in 1918 (during a World Series). It was meant as a patriotic gesture during the first World War.
- According to a Harris survey, nearly two-thirds of Americans 18 and older don't know all the words to the anthem. The National Association of Music Education launched the National Anthem Project in 2005 to raise awareness of the song.
- The original poem by Francis Scott Key had four verses, although we usually sing only the first.
- The actual flag that flew over Fort McHenry in Baltimore and that inspired Key to pen the anthem is now owned by the Museum of American History in Washington, D.C.

## Sustainable Building Goals Exceeded

Ouellet Associates was pleased to have exceeded all LEED® certification targets it set for itself on the Colby College projects. LEED® (Leadership in Energy and Environmental Design) is a nationally recognized green building rating system established by the U.S. Green Building Council. All five members of Colby's physical plant project management team are LEED® Accredited Professionals, indicative of the college's commitment to sustainable building practices.

"We appreciated OAI's shared commitment to sustainable practices," says Patricia Crandlemire Murphy, director of physical plant at Colby, "particularly the fact that nearly 90% of construction waste was recycled."

Thirty-three percent of construction materials used for this project were composed of recycled content. Nineteen percent were manufactured within 500 miles of the site. And 89% of the construction waste was recycled. Silver level LEED® certification is pending for both the Pulver Pavilion and bookstore projects.

### What is LEED®?

The Leadership in Energy and Environmental Design (LEED®) Green Building Rating System™ encourages and accelerates global adoption of sustainable green building and development practices through the creation and implementation of universally understood and accepted tools and performance criteria.

LEED® is a third-party certification program and the nationally accepted benchmark for the design, construction and operation of high performance green buildings. LEED® gives building owners and operators the tools they need to have an immediate and measurable impact on their buildings' performance. LEED® promotes a whole-building approach to sustainability by recognizing performance in five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.



—U.S. Green Building Council

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