



Facilities Management News

Vol 7 Issue 3

August 2011

Once again the summer escaped us as we get ready for the students to return. I elect to be redundant with my message that each of you is an ambassador for Creighton and should find that smile, that greeting, that assistance to help the new and returning students feel welcome and at ease. To help the students feel at ease, wear your Facilities Management ID badge and uniform shirt. It is a signal that you can be approached and will be helpful. Remember, you may be the first person that the student interacts with in the morning and the individual is stressed and possibly perplexed about their lot in life or at least the day. Greet the individual with the same honesty; dignity and respect that you expect to have in return.

Thanks for all that you have done this summer to support the work in the residence halls along with the camps and conferences. The flooding river hasn't helped because of preparations for flood mitigation and housing dislocated camps in an already filled summer that historically is stressful as you strive to have the best looking residence room possible. The busy schedule precludes getting every room in 100% condition. That is understood. Working together and having good communication amongst the trades has helped ease the angst and get the job done more smoothly. The students moving into the residence halls will see a lot of good work done by you.

Looking forward, I expect to be replacing Dave McAtee. Mac left us after nearly 25 years employment to have different challenges in his work life. He isn't very far away and has generously agreed to help us whenever we need. His depth of knowledge of the campus infrastructure and his ability to solve complex mechanical and electrical problems will be missed for years to come. Many of you are pitching in now to make Mac's departure less of an impact.

The positions formerly occupied by Ray Madej, Judd Allen and Pete Maas will not be refilled. Pete has fit quite nicely into the recycling program and is continuing to help make that a success. Mary Duda will be helping enhance the recycling program through awareness and education. You will see Judd here from time to time as he returns as a contract painter. We are pleased that Judd is still going to be around. Brian Besack has picked up the added responsibility for paint shop leadership. He is using the painters for guidance during this time as the team continues to do good work. Ray Madej is weighing his options carefully looking for the right job. His many years as a grounds keeper and ground shop leader at Creighton will serve him well in his search. Wayne Talbert and Jessica Heller have picked up a lot of the job duties Ray previously accomplished. Re-structuring will be the order of the year as we continue to look at ways to streamline the organization and do work more efficiently. I am not aware of any more people losing their jobs through reductions in force so rest easy with that knowledge. Certainly it has been a bit of an unsure, rocky road but the future looks exciting.

Fr Lannon is on campus as you read this newsletter. He has verbalized his desire to keep Creighton in the top tier of education. From his past, I am aware of his concern about deferred maintenance and will be an advocate for us in that arena. He is also interested in the master plan and will be having more conversations and study of the proposed master plan. With that and his demonstrated awareness of the University budget, the future of Facilities Management will be different than in the past and the wonderful tasks of preserving the monuments may be more in our future.

Sustainability in the work place remains important. The objectives are clear when it comes to energy conservation and reducing the carbon foot print. The recycle program is also a major focus for us. There is a lot of work being accomplished with the Community Garden, the bike program and around mass transit. More reports on each of these will follow in future newsletters. For now, as you contemplate how to make the earth last longer for use by your children, grandchildren, and future generations, what would you have us do? Mary Duda and I are looking for some fresh ideas. Please contact her or me.

Again, I thank you for the work you accomplish. There is a lot going on now and everybody has a full plate. It is important to get good work done and provide quality service but not at the expense of your personal safety. Be aware of your surroundings; follow the training you have been given about PPE and job tasks. You are important to those of us who recognize your good works because we want you around helping us do good work and more importantly we want you going home at the end of every shift to be with those folks to whom you matter immensely.

Lennis



Message from Father Lannon

On July 1, I officially became Creighton University's 24th president and I could not be more excited. Creighton is poised for greatness, and God willing, with your help, together we will continue that momentum. I am optimistic about the future of my alma mater.

We are off to a very good start to the upcoming academic year. At present, we look to welcome the third-largest class in Creighton's history with approximately 990 students. This class is generating more than \$1 million more in net tuition and fee revenue than a year ago. We are especially pleased that 25 percent of the class represents first-generation college students, 26 percent legacy students, 25 percent students of color, and likely the highest median ACT score in Creighton's history.

Many promising new faculty will join us for the 2011-2012 academic year. Additionally, three Jesuits will be joining us, bringing the number of Jesuits on campus to 48; Father Ross Romero, S.J., will be teaching in the philosophy department; Father Sunny Augustine, S.J., will be beginning a doctoral program in education; and Father Chris Collins, S.J., will be working on his dissertation.

On August 16 and 17, campus leadership will meet for the President's Cabinet Retreat. Our goal is to define and prioritize our objectives for the year by working together as a leadership team for the first time. Our focus will be on answering the question: What can we do to improve the experience of our students and the care of our patients?

Our search for a vice president for University Relations is progressing. Our national search yielded 35 impressive applications. Four candidates were selected for campus interviews, which were conducted in June. The selection committee will review feedback from the interviews and recommend finalists for me to interview by mid-July. I expect to make a final decision shortly thereafter.

I am eager for the academic year to begin. You—Creighton's faculty and staff—bring our mission to life and make an outstanding education possible for our students, and I am looking forward to working with you on behalf of Creighton University. Due to longstanding commitments, I will arrive on campus August 1. I hope you will join me that day at the noon Mass for the Creighton community in St. John's Church and/or at the campus picnic immediately following.

Please visit the president's website for information on inaugural activities. I hope you enjoy the rest of the summer.

God's blessings,
Timothy R. Lannon, S.J.



The Inauguration of Creighton University's 24th President

Timothy R. Lannon, S.J., took office as Creighton University's 24th president on July 1, 2011. The presidential inauguration ceremonies will take place Thursday and Friday, Sept. 29 and 30, 2011.

Schedule of Events

Monday, Sept. 26

5-7 p.m.

"Resonant Tide" Fine Arts Show, Lied Education Center for the Arts, Lied Art Gallery

8 p.m.

"Sacred Blessings: Tibetan Heavenly Healing Music Performance," Mike and Josie Harper Center for Student Life and Learning

Tuesday, Sept. 27

7:30 p.m. (*Reception at 6 p.m.*)

Final Dress Rehearsal for *Songs for a New World*, Lied Education Center for the Arts, Studio Theater
By invitation only

Wednesday, Sept. 28

6 p.m.

John Curtin, MD'79, guest speaker for the Thomas Timothy Smith M.D. and Alpha Sigma Nu Lecture Series, Mike and Josie Harper Center for Student Life and Learning
Reception to follow

Thursday, Sept. 29

5 p.m.

Missioning Mass, St. John's Church

Friday, Sept. 30

4 p.m.

Inauguration, Kiewit Fitness Center

Following Inauguration

Reception, Mike and Josie Harper Center for Student Life and Learning

Saturday, Oct. 1

9 a.m.

"Feed the Spirit" Community Service Project, Angela and V.J. Skutt Student Center Ballroom

Finish Tracking Your Points to Max Your “Dollars” for 2011 Rewards!

SimplyWell is the Creighton Wellness Program online program that is available for you to track your healthy habits, learn more about your health risks and improve your health. Additionally, using SimplyWell to track your progress throughout the year earns you points which translate into rewards. The end of the SimplyWell 2010-2011 year is almost here! You have until August 31st to input your points to earn “dollars” to spend in the **REWARDS STORE!**



What do I need to earn points: Your goal is 10,000 points

Health Questionnaire (completed Fall 2010)	1250 pts
Health Screening (completed Fall 2010)	1250 pts
Appointments (doctor, dentist)	3000 pts
Education Modules (short 10 minute videos)	500 pts
Creighton Wellness Events	4,000 pts
(complete your choice of the items below- max of 4,000 pts)	
• Challenge Programs (2,000 pts)	
• Wellness Seminars (500 pts)	
• Health Lifestyle Class (2,000 pts)	
• Tobacco Free or Verified Cessation Class (2,000 pts)	
• Campus Fitness Center Membership or Verified Membership (1,000 pts)	
• Community Event or Blood Drive (500 pts)	
• Health Score 85 or above (2,000 pts)	

TOTAL: 10,000 points



Rewards:

For every 1000 points you earn a \$10 credit. If you reach 10,000 points you will earn **\$100** in credits. * If you earn 10,000 points by August 31st you will be awarded an extra \$10!! Your points can be turned in for prizes in the rewards store!

How to Input Your Points & Check out the Rewards:

Check out your prize options, your points and what you have left to complete on the SimplyWell website. Log into **My Creighton** and click on the green apple to be directed to the SimplyWell website. For directions on entering wellness events and appointments, read below:

For Wellness Events:

- This is where you can receive points for participating in onsite behavior change program like FUEL, CU Movin', CU On the Scale or Commit To Quit.

How do I enter information into Wellness Events?

- Click on “My Action Plan” --- “My Wellness Events” on the right hand menu.
- Choose a Wellness Event, fill in the radio button to the left of the event, click “Add”
- Type the “Date” you participated in the Wellness Event Tracker and then click “Add”.

For Appointments:

- In this category you will find a list of medical appointments. You can receive points in these areas when you have completed the appointment for going to your dentist or doctor.

How do I enter information into My Appointments?

- Click on “My Action Plan” --- “My Appointments”
- Choose the appropriate appointment
- Fill in the radio button to the left of that appointment
- Click “Add”
- Put in the date completed, click “Add”



Keep your eyes open for 2011-2012 Wellness Programs starting this Fall!

Call 402-280-5721 or email wellness@creighton.edu

Mark your Calendars

FUN DAY

Tuesday, September 20, 2011
12:00 noon – 3:30 p.m.
Calvary Christian Church

► **Doors Open at 11:45 a.m.**

- ◆ Free Food
- ◆ ½ day off work

- ◆ Free Fun Day T-Shirt
- ◆ Chance to win a door prize



CREIGHTON AND COMMUNITY GARDENING-MIDSUMMER UPDATE FROM JESSICA HELLER

While ideas and enthusiasm about community gardening on campus have come and gone (and come again), we have at least one success to share as we pass the midpoint of summer. The Ignatian Garden, in its second year, is alive and well, boasting everything from tomatoes and peppers to sunflowers, watermelon, and sweet corn. There's even a garden gnome.

Gardeners include students, faculty, staff (including five Facilities employees), and the preschool class from the Russell Child Development Center. So far this year there have been two garden work parties, hosted by Garden Coordinator John Schwede, where gardeners come to meet their "neighbors", talk about how to improve the garden, and pull a few weeds. In true Creighton spirit, some gardeners are not just growing produce for themselves, but plan to donate some or all of their harvest to non-profit groups such as the Siena Francis House.

Thanks to many enthusiastic gardeners, this year's Ignatian Garden is already a success!

Volunteering

Volunteer (vol en-tir) **n.** One who serves or acts of his or her free will. **V.** 1 To offer or give of one's own accord. 2. To offer oneself as a volunteer.

In general terms, **volunteering** is the practice of people working on behalf of others or a particular cause without payment for their time and services. In our world of tornado's, tsunamis, earthquakes, and flood's, volunteering is a good way to help others.

An easy way to volunteer is by giving blood. Every minute of every day, someone needs blood that can only come from a volunteer donor. There is no substitute for your donation. When you make a blood donation, you join a very select group, as currently only 3 out of every 100 people in America donate blood. The 1 to 2 hours spent giving blood can save up to 3 lives. You can make an appointment convenient for you.

American Red Cross 1-800-Give Life (1-800-448-3543)

Another easy way to volunteer is to donate items in need to homeless shelters like **Open Door Mission (402-422-1111)** or **Sienna Frances House (402-341-1821)**.

Immediate needs for Open Door Mission:

- **Water** to be handed out to the homeless on days when it is extremely hot and humid
- **Sunscreen** to protect the children attending Summer Bible Day Camp
- **Fans** to help low income families in the Heartland who do not have air-conditioning
- **Fill a "Hope Tote"** - a bag filled with personal care items to give homeless men, women, and children *hope* for a new life.
- **Fill a pantry** - Open Door Mission serves more than 1,700 meals daily as hunger never takes a vacation.

Ways to get involved at Sienna Frances House:

- **Serving A Meal** - Dinner is served 365 days a year with brunch on Sundays and Holidays.
- **Sorting** - Donations must be sorted, repackaged and moved to an appropriate storage area.
- **Projects**- Throughout the year this is a variety of projects available such as yard clean-up, painting, decorating for holidays, making toiletry packets, writing thank you notes, and computer inputting.

Other local volunteering suggestions:

- **Volunteers Assisting Seniors (402-444-6617)**
- **Nebraska Humane Society (402-444-7800)**
- **Big Brothers Big Sisters (402-330-2449)**
- **Untied Way of the Midlands (402-342-8232)**
- **Food Bank for the Heartland (402-331-1213)**
- **Salvation Army (402-898-6000)**

This is by no means an exhausted list. If interested in volunteering, check out this website:

www.volunteermatch.org/search/index

The hardest part of volunteering is **doing it the first time**. After that, it is easy and rewarding. Take a little time and make a difference.

Facilities Management Employees Volunteer



On May 28 Custodial Supervisor, Carolyn Weisflock, and Boyne Crew Leader, Anthony Patterson headed down to Joplin, Missouri with a van full of donated items to distribute after a devastating tornado struck the city on May 22.

Carolyn writes:

- The donations were given to **Convoy for Hope for Joplin**. After we unloaded the volunteers said, "Creighton rocks!!!"
- Dr. Westerman, from the dental school, donated 576 toothbrushes and 576 tubes of toothpaste.
- Athletics donated thousands of t-shirts and Kylie Hovinga helped me package them. The volunteers in Joplin distributed them throughout the neighborhoods.
- Mark Simanek allowed us use of a Creighton van to drive to Joplin.
- Doug McAcy from Student Activities gave us many donations.
- ROTC gave us 150 water bottles, plus money to help with the gas and trip expenses.
- Several people on campus; in the community; as well as personal friends contributed cash to offset trip expenses or to buy items to donate.
- My daughter, Staff Sergeant Tara Botelho, sent an e-card from Germany for items to be purchased.
- My friend, Denny Braun, purchased \$250.00 worth of items and also helped pack the van.

The response was overwhelming. I was in awe. God bless all the people who helped in this endeavor. God bless all the people who donated. God bless all the people who have been praying. God bless and comfort all the people in Joplin. Thank you all.



T-Shirts donated by Athletic Department



Full Creighton van



Sustainability

Fr. Andy Alexander, Vice President for University Ministry, prepared the following remarks for the recent forum to develop the Climate Action Plan. They illustrate one of the reasons Creighton is so interested in sustainability and preserving the environment.

The 35th General Congregation of the Society of Jesus – representatives from Jesuit Provinces around the world – met three years ago in Rome to elect a new superior for the Society. When topics for discussion at the Congregation were solicited, “the environment” was listed more times than any other topic.

Here's what that Congregation said:

- Care of the environment affects the quality of our relationships with God, with other human beings, and with creation itself. It touches the core of our faith in and love for God, “from whom we come and towards whom we are journeying”.
- In heeding the call to restore right relationships with creation, we have been moved anew by the cry of those suffering the consequences of environmental destruction...
- This Congregation urges all Jesuits and all partners engaged in the same mission, particularly the universities and research centre's, to promote studies and practices focusing on the causes of poverty and the question of the environment's improvement. We should find ways in which our experiences with refugees and the displaced on one hand, and people who work for the protection of the environment on the other hand, could interact with those institutions, so that research results and advocacy have effective practical benefits for society and the environment. Advocacy and research should serve the poor and those who work for the protection of the environment.
- In our preaching, teaching, and retreat direction, we should invite all people to appreciate more deeply our covenant with creation as central to right relationships with God and one another, and to act accordingly in terms of political responsibility, employment, family life, and personal lifestyle.



CHRIS IS BAAA-AACK!!

*Iowa National Guard's Company A, 1st Battalion, 168th Infantry Unit returned home on Tuesday, July 19 after spending a year in Afghanistan as part of Operation Enduring Freedom. Among the 110 member unit was our own **Chris Casey** (Planning/Design).*

There are no words to adequately thank him for the devotion to duty, sacrifice, and hard work he did to help keep America safe and free. He did a difficult job with dignity and compassion.

Thanks Chris, for your sacrifice, your courage, your dedication.... and for protecting our freedom.
WELCOME HOME!!!



News from Planning and Design: Fran Angeroth

A quick look at a few of the current approved projects:

- Baseball and softball fields are receiving new turf. Work is expected to complete before school starts.
- Boyne is receiving the rest of the voice/data upgrade. Work is anticipated to be done in early August.
- Boyne 226 is a lab that will be renovated - work began in late July and is not expected to finish before students return.
- Brandeis dining hall upgrade Kiewit Building Group, the general contractor is in the final stages of completing this work – turn over is expected by August 12th.
- Heider Hall safety upgrade project is flat out to complete Fr. Lannon's living spaces by July 26th with the rest of the building to follow shortly there after.
- Heider Hall is in progress to receive overall wireless for the building. Work is nearing completion.
- Heider Hall roof and new deck replacement started on July 12th with about 4 to 5 weeks of work.
- KFC- spine roof replacement & related repairs – work to began on May 23rd and the majority of the work is completed – a little more painting on the cross over.
- KFC is also painting the majority of its interior walls with a brand new color scheme. Work begins on July 25th for about 4 to 5 weeks.
- Pittman building north end is the new home for the new alternative energy program. Work is underway to be completed before school starts.
- Skutt Student Center – the outside patios in front of 104 and 105 have bee completed. Work on some caulking is still in progress but will complete soon.
- Skutt Student Center – remodel the Creighton Federal Credit Union space is underway.

The really great news is that Chris Casey returned from his deployment on July 19th. He expects to return to work around Labor Day. Job Well Done! Welcome Home!!

Thanks to everyone in Facilities Management for your cooperation and sharing of information so vital to the successful completion of the many projects across the campus. We know our work impacts your work but as a team we all can succeed.



Congratulations to **Danny Steiner** (Central Receiving) and his wife Katie, on the birth of a baby girl, Lainey Jane, born July 14, weighing 8 lbs. 1 oz. Lainey's proud uncle is AJ Ernster, moving/delivery worker.

Innovative Team

is always looking for new ideas and new members. If you have any suggestions or would like to become a member please contact Mary Duda, Dave Feder, Tom Holmer, Justin Burgett, or Jessica Heller.

WELCOME NEW EMPLOYEES

Custodial Services:

- Trini Kaukver is a new custodian in the Law School. She worked at Douglas County Health Center before joining us on July 11.
- Seng Lazum started as the floor technician in the Harper Center on May 31. He is single and enjoys reading and playing the guitar and video games.
- Enam Dosseh started at Creighton as the Lead Custodian in the Criss Complex on July 25. Enam is married; has an Associate Degree in Business Administration; and enjoys musicals and motorcycles.

Mechanical Engineering:

- James Lamblin is a licensed electrician and worked for several years at Contractors Electrical, Inc, before joining us on May 10 as a Lead Maintenance Engineer in KFC and Skutt Student Center.



You probably noticed the new logo on the sleeve of the uniform shirts. This logo was designed by Studio Blue, the student-run graphic design studio here at Creighton. Creighton University, and Facilities Management in particular, are committed to working more sustainably to lessen our impact on the environment and the logo serves as a reminder of that commitment. Wear it with pride!

August is National Immunization Awareness Month:

Time for all of us to make sure we have all the vaccinations we need. Regardless of your age, gender, ethnicity or country of birth, immunizations are essential for protecting you, your family, friends and community against infections. Learn more about immunization at the CDC site:

www.cdc.gov/vaccines/default.htm.

In Memoriam



***Father Jack Zuercher, SJ
December 28, 1924 – May 7, 2011***

***Good and Gracious God
Thank you for life...
For THIS life...
For this life TODAY...
For this life NOW....***

Z

Our dear Jesuit brother, Jack Zuercher, died on Saturday evening, May 7, 2011, after a brief stay at Hospice House. He was wonderfully ready to die and inspired visitors by his inner peace.

Father Z donated his body to the Medical School.

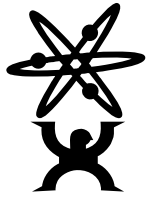
Father Z's academic career was in Psychology, but the Society of Jesus tapped him to be the Superior of our house of early formation in Minnesota in the 1960's. He then became the Director of Formation for all the men in formation in our Province, at a most difficult time of transition after the Second Vatican Council. He was appointed Rector of the Jesuit Community at Creighton University in 1976. It was during his time at Rector that Jack became deeply involved with the CLC, the Creighton Life Community, working with others to form one of the most vibrant CLC areas in the country. After 6 years as Rector, he had the vision to see the need for forming lay colleagues for their mission of serving in an Ignatian inspired ministry. So, he asked Fr. Morrison for permission to start a Mission and Identity ministry at Creighton and thus became the founder of the Collaborative Ministry Office and led the way, along with Joan Lanahan, in this lay formation ministry in the U.S. among Jesuit colleges and universities.. He was the Director of the Collaborative Ministry Office, and Chaplain of the Law School, until 1997, when he retired to work full-time as our Province Ecclesial Assistant for the Christian life Community. He will be remembered for the depth, humanity and inclusivity of his spirituality, for his sense of humor and inner comfort with a diversity of people, and the personal way he helped so many find intimacy with God in all things.

May our Lord embrace and reward this faithful servant and friend to so many of us.

Andy Alexander, S.J.
For the Collaborative Ministry Office



**"HAPPINESS OFTEN SNEAKS IN THROUGH A DOOR YOU DIDN'T KNOW
YOU LEFT OPEN" --- JOHN BARRYMORE**



Energy Management

The Energy Management department has been busy this summer with over 75 hot and cold calls since June 1st. Most of these calls were necessary and we made changes to the temperature set points or made repairs to the systems. We continue to receive temperature check sheets from the Engineers and Custodians all of which saves energy.

Below are a few examples of what we do daily:

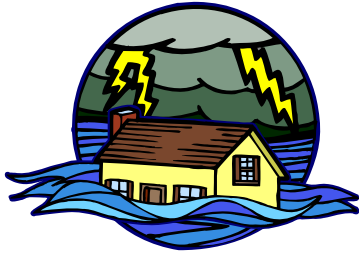
- The large dx unit at Kitty Gaughn has a bad pressure switch and one of the condenser fans has bad bearings, so the unit is being repaired.
- An onsite inspection of the Davis Square 1st floor HVAC system has been completed. . The Ahu has been adjusted to use more conditioned return air and less outside air which makes the unit more efficient. There are also some fire damper issues in the building that are causing no air flow in some areas.
- The lights around the parking garages have been reset and are now turning off at 5:46 a.m.
- Ed Grudle reported the repair of 4 room actuators in Swanson; the repair of the blown apart duct in Cardiac 215; the cleaning of the Cardiac chiller coils; the cleaning of the dx unit for the ultra low room; and repair of the actuator and valve in Swanson 219.
- Dan Baker reported the supply fan for ahu-2 at Law school has been replaced and is back in operation.
- The heating valve in Boyne room 112 and 108 were repaired. They were open in the full heating position and using a lot of resources.
- We investigated the HVAC system and the BMS schedule for the lower level of Becker.
- The dx unit at Kitty Gaughn has been repaired and is now back in service.
- The programming for the dx units at the Old Gym has been revised and the operation is being recorded and installed into the operation manuals.
- The control box for room 328 at Cardiac has been repaired and is back on line.



Stay Connected

Spending quality time with family, friends, and co-workers as well as neighbors and acquaintances, is a very healthy habit. Take time to gather and celebrate, attend religious services or community activities, exchange ideas, offer warm greetings and hugs, and maybe lend a supportive shoulder. Many studies show that when you have social support, satisfying relationships and community involvement you generally are healthier. On the other hand, people who lose or lack social ties have a higher risk for depression, mental decline, and even early death. (Top Safety)

Environmental Health and Safety



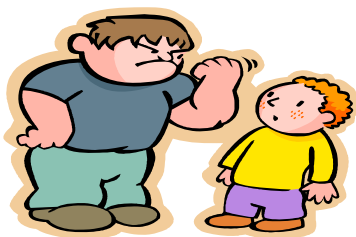
Summer has arrived with high temperatures and humidity. Along with the flooding, all of the heat and moisture can cause a certain fungi to be more pervasive. That certain fungi is mold. Mold is naturally-occurring and can be found everywhere in the environment, both indoors and outdoors. In the outdoor environment, mold helps to break down material such as leaves and dead trees. Mold will grow in areas where moisture is present. Mold growth, which often looks like spots, can be many different colors, and can smell musty.

Health effects - Exposure to damp and moldy environments may cause a variety of health effects, or none at all. Some people are sensitive to molds. For these people, molds can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation. People with mold allergies may have more severe reactions. If you think you are experiencing a health problem due to mold, you should consult your health care provider.

Prevention - Removing the moisture source is the key for getting rid of mold. If you clean up and the moisture is still there, mold will come back.

- Fix any leaks in your roof, walls, or plumbing so mold does not have moisture to grow.
- Clean and dry out your home or work area thoroughly and quickly (within 24 – 48 hours) after a flood or water leak.
- Keep the humidity levels between 40% and 60%. Use an air conditioner or dehumidifier during humid months and in damp spaces, like basements.
- Be sure your rooms have enough ventilation. Use exhaust fans which vent outside in your kitchen and bathroom. Make sure your clothes dryer vents outside your home.
- Add mold inhibitors to paints before painting.

Cleanup - Mold can be cleaned from hard or non porous surfaces using detergent and water. Throw away porous materials that have become submerged or saturated. Wear non porous gloves and protective eye wear and follow the manufacturer's instructions when using bleach or any other cleaning product. If the area to be cleaned is more than 10 square feet, you may need to consult a local mold remediation company.



Work is no place for bullying:

In a 2007 survey, 37% of workers said they had experience bullying on the job. A March 2008 Canadian study declared that bullying is even more damaging than sexual harassment. As awareness of bullying increases, workplace regulations and state legislation against bullying are becoming stricter. If you're being bullied, document the behavior and speak up. (TopPerformance – August 2008)



Sunday, September 18th

8:15 am

Civic Auditorium

The Corporate Cup is one of the premier running events in the nation (recently ranked 10th best 10-K in the U.S. by America's Best) and among the largest of corporate road races in the United States. From the first Corporate Cup in 1981, the event has experienced phenomenal success. In that first year, 29 companies entered and 681 runners crossed the finish line. In 2010, 253 companies entered with more than 11,000 registrants.

The Corporate Cup's unique character--businesses and their employees coming together to have fun and fight lung disease--is the basis for its success. Participants may choose to **WALK** or **RUN** a 2-mile USATF certified course or a 10K USATF certified course. There is also a kids 100 yard dash that will begin on Chicago St. north of the Civic Auditorium at approximately 10:30 a.m.

We have made the 2011 Corporate Cup easier than ever to register for and participate in. This year only 10-k participants will be "chip-timed." Anyone on the 2-mile course will not receive a chip for timing purposes. Chip timing systems require that athletes wear a small, lightweight chip that uniquely identifies them as they cross strategically placed, electronic mats. The chips this year will be integrated into the runner's bib number. In its most basic and common form, chip timing electronically handles the task of collecting and processing results at the end of the race.

Come celebrate the 31st year of this great event and help the more than 200,000 Nebraskans who suffer from lung disease!

All students, staff, and faculty are welcome to join the Creighton and CUMC team!

1. Go to <http://omahacorporatecup.org/>
2. Click "Create or Join a Team," on next page click red box, "Join an Existing Team"
3. Next to "Team Company," select **Creighton University and CUMC** from the drop down menu and click blue button, "Search for a Team"
4. Scroll to the bottom of next page. You'll see 'Creighton University and CUMC'. Click on the blue link that says "Join."
5. On Participant Options page, select "Participant Fee" for \$15. Fill in all information with an asterisk*
6. Be sure to indicate your t-shirt size!

Contact catieomalley@creighton.edu with questions.



BACK TO SCHOOL CHECKLIST

Summer vacation is winding down and if you're like most parents, you're eyeing back to school sales and trying to get our kids ready for the academic routine. Here's a list of reminders to start the school year smart:



Immunizations - Check with your pediatrician to make sure your children have all the recommended shots. Not being current may prevent your child from attending school. *Tip:* College students also need to keep vaccinations current; infectious diseases spread easily in communal areas such as dormitories.



Health issues – Inform the school ahead of time if your child has allergies or conditions such as diabetes. Determine if a nurse is on staff. Learn the school's policy for reducing sensitive children's exposure to potentially allergenic foods, such as peanuts.



Routine – Don't wait until the night before the first day of school to change your child's bedtime. Give them a few weeks to adjust to the school schedule.



Stuff – Many schools require the student bring supplies, such as art materials. Get a list and shop ahead of time.



Backpacks – Show younger children how to use backpacks to avoid strain and injury. Remind older kids about overloading their packs. A backpack should not weight more than 10-20% of a child's weight.

(Personal best, August 2009)

Delicious Day-Starters TO GO:

- ❖ Peanut butter on apple slices or whole-wheat muffin.
- ❖ Parfait made with cottage cheese and fruit.
- ❖ Greek yogurt with fruit and granola.
- ❖ Whole-wheat tortilla with low-fat cheese heated in a microwave.
- ❖ Smoothies with milk or juice, protein powder and fruit.
- ❖ Whole-grain bagel with low-fat cream cheese and smoked salmon.
- ❖ Leftover lean meat or fish fillet and fruit or vegetable sticks.
- ❖ Chopped hard boiled egg stuffed in a whole wheat pita pocket.
- ❖ A bag of dry cereal mixed with nuts and dried fruit.

