



News from Facilities Management

Vol. 6 Issue 4

November 2010

Greetings and allow me to warn you that I will soon start whining about winter. When my wife and I moved from Denver to Oklahoma City we agreed that moving in a southerly direction was the right thing to do. We knew that the next move would be further south to avoid more winter. Working for the Jesuits is more important than avoiding winter so here we are in Omaha but that doesn't mean we like winter. Incidentally, it is only five months until spring.

Jill Dickey is attaching a lengthy document to this news letter. It is a compilation of work done well by Facilities Management. The document was written by you listing those activities and tasks that you know you do well, better than most. Deb McAtee and I edited the information but it all came from you. It looks back three or four years at the work at which you have excelled. As you read the document you will feel the pride in work that is so evident. You will also think of items that should have been added. I hope you also feel the freedom granted at Creighton to excel. Energy conservation isn't accomplished by people sitting on the sidelines, for example. The same is true for the recognition given to the landscape. The work done well is somewhat out of necessity because it takes an innovative organization to withstand the budget cuts that were so necessary for Creighton. Work done well is also your individual commitment to service delivery. People that don't care about the quality of service they offer don't excel at their work. You should be proud of what you do well.

There is a lot of work at the University to evaluate and prioritize programs performed at the University. Facilities Management, through the work lead by Maria Jerrell submitted 28 programs for review. The range of programs crossed all the budget lines from single stream recycling to energy conservation to custodial services. A committee of University leaders will be convening frequently over the next three months to rank over 800 programs submitted from across the University. The overarching goal is to identify those programs that support the University mission and simultaneously are favorable to the budget. Some of the programs accomplished by Facilities Management are not supportive of the University mission and are simply an expense. Electronics recycling is an example of such a program. The University does this because it is the law. Perhaps, there will be a better way to accomplish the work as the program is reviewed. The process of program prioritization is hard work, unpleasant work, and somewhat scary as each department exposes itself fore close scrutiny. The end result, coming in a few months will ideally display efficiencies and cost savings that will eliminate the need for later budget cuts.

AiM is "live" because of the Herculean effort of Maria Jerrell, Lindsay Lewis, Fran Angeroth, and Deb McAtee. These ladies have done more work than can be listed to convert from Facility Focus to AiM. Thank you simply isn't enough but it is a start. In a few weeks, the idea that there was a conversion will be behind us and AiM will be the friendly version of Facility Focus we all were hoping for.

Thanks for all the work done well. You have a lot to be proud of as you work on the buildings and grounds, as you help each other, as you are the ambassador for the University sometimes reaching out as the first person on campus for perspective students and their families, and as you strive for making Creighton a good place to spend most of the waking day. Probably just like you, I heard recently that if you like the job you have it probably isn't a job. Enjoy your work day knowing you make the difference in somebody else's life at Creighton.

Stay safe!

Lennis



Recycling Program

Pete Maas

Creighton University is converting another building over to the single-stream recycling method! The Hixson-Lied building's occupants will soon be able to recycle much more material and do it easier by having just one container at their desk for anything that can be recycled. The march towards a more sustainable campus is rolling along!

We are also expanding our recycling program to the Mall in the next week or two. We have fifteen donated recycling bins that we will pair up with trash cans on the mall and are currently in the process of deciding on the locations and signage of our first containers. Even as you read this, the Painting department is working on the new cans so they will match the color of the current outdoor garbage cans. And thanks in advance to the Grounds department for their help in collecting the recyclable material from the cans!

We had a slight setback in our plans to expand the recycling program to Creighton sporting events but we will not give up. Sometime soon we hope to have a recycling presence at sporting events but as of this writing we don't know what form that participation will take.

One last note: I am looking for people with a commitment to recycling to serve on a newly-formed committee that will take a look at the process we use to convert buildings to the single-stream method. Interested parties would also be welcome to give suggestions on how to improve our current recycling program and we would meet every month or two to brainstorm about how to make our program more efficient. If you're interested, please contact me at the address below. I know that most of you probably have good ideas or suggestions and I would love to hear them. How can we make our recycling program better? I would love to hear from you! petermaas@creighton.edu

Keep recycling – it really does help everyone!



WELCOME

to our new employees that joined us in August, September, and October.

Custodial Services:

- **Bryan Burton** is the new Custodial Supervisor and started on September 14. He spent the last 23 years in the Army and is currently serving in the Army Reserves. He is married and in his spare time enjoys mountain biking and hiking. His sister, Susan Davis, works at CUMC.
- **Davis Peacock** worked at Sherwin Williams Paint Company before joining us a custodian in the Lied Center on September 15. Davis is single and has 3 sons: Nash (9), Kinlcade (6), and Tyrus (3). He also coaches high school football at Millard North High School.

Central Receiving

- **Danny Steiner** is the new Delivery-Mover Worker. He worked 3 years as a Behavioral Health Technician at the residential treatment center at Boys Town before joining us on September 20. He is engaged to be married on March 25, 2011. In his spare time he enjoys playing golf, building model ships, and lounging on by the pool or on a beach. His future brother-in-law is A.J. Ernster who works on the Moving Crew.

Landscape News from Jessica Heller:



Creighton Plants Sixty Trees during Tree Campus USA Planting Event

Creighton University students, faculty and staff planted 60 trees on Tuesday Oct. 12 as part of the Arbor Day Foundation's Tree Campus USA program. Creighton is one of 74 colleges and universities across the country recognized by the Arbor Day Foundation for its sound campus forestry program. The program, supported by Toyota, is in its second year, and honors college campuses for promoting healthy urban forest management and engaging the campus community in environmental stewardship. Since its inception two years ago, Tree Campus USA has been supported by \$1.3 million in grants from Toyota.

The trees, planted along the south edge of Wareham Parkway, will serve many functions. They will screen the view of adjacent roadways as seen from campus and frame the view of campus as seen from these roadways. The trees also offer numerous environmental benefits, such as reducing storm water runoff and filtering pollutants from the air.

In all eleven different species were planted including many species new to campus, such as White Oak, Chinkapin Oak and Valley Forge Elm.

This is the third year the Arbor Day Foundation and Toyota have teamed up to plant trees on college campuses. Tree Campus USA tree-planting events will have planted more than 2,100 trees at 28 different colleges and universities through this partnership. Tree-planting events will also be held at Bowling Green State University in Bowling Green, Ohio; Furman University in Greenville, S.C.; University of California, Irvine; The Georgia Institute of Technology (Georgia Tech) in Atlanta; and Florida International University in Miami, Fla.

Environmental Health & Safety

By: John Baxter

I would like to take the opportunity to thank three people from Facilities Management that have done some extraordinary things over the past three months. First is Justin Burgett, who has done outstanding work helping to support the department during Mary Duda's absence. One of the major items that Justine has been working on is the Flex and Stretch Program that will be rolled out shortly. In addition to Justin I would like to thank Jerry and A.J. of the moving crew for demonstrating the stretches for the brochure, they did a terrific job. I would also like to welcome Mary Duda back to work. We are ALL grateful she is back with us.

Bloggers Beware

According to the *Pew Internet and American Life* report, 150,000 new "blogs" or Web logs, are created daily. If you've decided to put your personal musings on the Web, be smart. Remember that nothing said online is private, so don't post anything that you wouldn't want anyone – your family, your boss, your friends – to either know or read about.

STRATEGIC PROGRAM PRIORITIZATION - This summer, many of our faculty and staff have been involved in the Strategic Program Prioritization process announced last spring. The process involves nearly 850 programs on both the academic and nonacademic side. Our timeframe to complete program reports is Sept. 15, with reviews and a ranking process expected to begin thereafter with Deans, AVPs, and Vice Presidents. The Steering Committee has met several times under the leadership of Dr. Andrew Hoh and will begin their work in earnest by Nov. 1. I expect to see the Steering Committee's recommendations from this very important initiative by the middle of January.



SUSTAINABILITY - On the sustainability front, I am proud to say that Creighton University is now the largest producer of solar energy in the State of Nebraska. Solar panels have been placed in the Burt Street parking lot, the roof of the Kiewit Fitness Center, and near the Lied Education Center for the Arts. Soon we will not only capture the energy of the sun, but will harness the wind using turbines that will also be installed near the Lied Education Center. A new educational program in energy technology will provide students with the opportunity to learn about alternative energy sources and experience how it is deployed right on our campus. I am proud of our faculty, staff, and students for bringing this environmentally important program to our campus and classrooms.



ZIPCARS - Our student organization, CSU, has worked with administration to bring Zipcars to campus. With more than a third of our incoming students living more than 400 miles from home, bringing a car to campus may not be an option for some students. Zipcar, a car sharing membership service, provides rates by the hour or day for those 18 and older. A hybrid Toyota Prius and a high mileage Scion are located in the visitor's lot (24th & California) with reserved parking stalls.



U. S. NEWS AND WORLD REPORT RANKINGS - Creighton University, for the eighth year in a row, was No.1 in *U. S. News and World Report's* annual college rankings for Midwest Regional universities. Creighton also received accolades for being a "best value" university for giving students the best return on their tuition investment and for the outstanding teaching of our faculty. Although rankings only tell part of the story, this recognition was heralded locally and nationally in the press.

As I move into my last year as president, I am committed to having a highly successful year on multiple fronts and presiding over a seamless transition. As an aside, thank you for your many kind notes and comments. It has been a great run and we still have 11 months to get the job done; more to come. Thanks! You and your families are in my prayers.

John P. Schlegel, S.J.
President

Innovative Team

We are always looking for new ideas.

If you have any ideas that you would like to suggest you can contact any Innovative Team member:

- Justin Burgett
- Tom Holmer
- Mary Duda
- Dave Feder
- Jessica Heller



Rev. Timothy R Lannon, S.J. Named 24th Creighton University President

The Creighton University Board of Directors has elected the Rev. Timothy R. Lannon, S.J., as the University's 24th president. Fr. Lannon, currently president of Saint Joseph's University in Philadelphia, will assume his new position at Creighton on July 1, 2011, succeeding the Rev. John P. Schlegel, S. J., who will step down after a highly successful presidency spanning 11 years.

"The members of the Board of Directors are delighted that Fr. Lannon, a 1973 Creighton graduate, has accepted our invitation to bring his considerable talents home to his alma mater," said Creighton University Board of Directors Chair William Fitzgerald. "We were looking for a leader with a passion for education, who also can advance the University within the framework of the current mission and values—and we found him in the person of Fr. Lannon."

"Fr. Lannon's commitment to scholarship, research, teaching and service to others in the Jesuit, Catholic tradition is not only the essence of his character, but central to Creighton's ongoing pursuit of academic preeminence," Fitzgerald added.

"We set a very high bar for what we wanted and expected in our next president, including academic excellence, executive leadership, fundraising experience and more," said vice chair of the Creighton Board of Directors and chair of the Presidential Search Committee Bruce Rohde. "Fr. Lannon is a perfect fit."

A nationally respected university administrator, Fr. Lannon has served as president of Saint Joseph's University since 2003. Under his leadership, Saint Joseph's created a university-wide strategic plan, enhanced the campus infrastructure and footprint, doubled the University's endowment and launched the most successful fundraising campaign in its history. Collectively, these and other achievements generated national recognition for the university and its pursuit of educational excellence.

During Fr. Lannon's tenure, Saint Joseph's added faculty chairs and student scholarships and expanded service-learning and online curriculum opportunities, boosting the university's academic profile. Previously, Fr. Lannon served as an associate executive vice president and vice president for University Advancement at Marquette University. He also was recognized at Marquette for his ability to build strong relationships with alumni, parents, friends and donors.

"I thank Creighton University's Board of Directors for the tremendous honor they have bestowed on me," Fr. Lannon said. "While at Creighton many years ago, my life was transformed. Now I have the opportunity to come home and continue the visionary momentum of this institution. I am privileged to return to Omaha and join with the administration, faculty, staff, students and dedicated alumni as we together write the next chapter of educational excellence at this great University."

Fr. Lannon has many personal and professional connections with the Omaha community, in addition to being a Creighton alumnus. He served as president of Creighton Preparatory School from 1988 to 1995. His father graduated with a medical degree from Creighton in 1936. Fr. Lannon has been inducted into Creighton Prep's Hall of Fame and received Creighton University's Alumni Merit Award in 1993.

Fr. Lannon holds multiple degrees from Creighton University, Weston Jesuit School of Theology (now Boston College School of Theology and Ministry) and Harvard University. A native of Mason City, Iowa, Fr. Lannon entered the Society of Jesus in 1977 and was ordained a priest in 1986. During his early years he honed his educational and administrative skills while serving as an assistant principal and instructor at Jesuit institutions, as well as an admissions counselor at Creighton.

His commitment to service extends beyond his academic appointments and includes current membership on the boards of Boston College, Santa Clara University, Marquette University and the Association of Independent Colleges and Universities of Pennsylvania, for which he chairs its board. From 2003 to 2008 he served as a board member and since 2008 as chair, of the Association of Jesuit Colleges and Universities, comprised of the 28 Jesuit higher education institutions in the United States.

He received his bachelor's degree in mathematics from Creighton in 1973. He received master's degrees in divinity and theology from the Weston Jesuit School of Theology and earned a master's degree and doctorate in administration, planning and social policy in higher education from Harvard University.



A 10-Minute Consult: Cold and Flu

What are the symptoms?

Colds and the flu cause many of the same symptoms, but there are distinctions. Symptoms of both colds and the flu are:

- runny or stuffy nose
- sinus congestion
- sneezing
- sore throat

The following symptoms can be caused by either a cold or the flu, but are more often associated with the flu:

- fever
- extreme tiredness
- muscle aches
- cough
- headache

A hallmark of the flu is the rapid onset of symptoms. People often say that the flu hit them "like a ton of bricks." In fact, people with the flu can sometimes pinpoint exactly when they started feeling ill. The flu can last for 24 hours to a week or even longer, but it typically lasts four or five days.

Cold symptoms generally last about one week, and they're usually worst on days two to four of your illness. You are most likely to pass a cold onto others during the first 24 to 48 hours after you get infected. Symptoms don't usually appear until two to three days after you pick up the virus, so at the time you're most contagious, you probably wouldn't even know you are sick. You can spread a cold to others as long as you have symptoms. With the flu, on the other hand, you are infectious from the day before your symptoms started until the fifth day that you have symptoms.

In about 25% of colds, the person has persistent symptoms, such as a nagging cough that lasts for several weeks. A much smaller number of people develop another illness in addition to the cold, such as a bacterial infection of the middle ear or the sinuses, and others may develop bronchitis or a worsening of their asthma. These illnesses may appear at the same time as the cold, they may not develop until the cold symptoms are starting to fade, or they may occur after cold symptoms are completely gone.

Is it a cold or the flu?

When you first start feeling sick, it can be difficult to tell whether you have a bad cold or the flu. This list of symptoms can help you tell the difference.

Symptom	Cold	Flu
Fever	Rare	Almost always, high (102°-104°F)
Headache	Rare	Prominent
General aches and pains	Slight	Often severe
Fatigue and weakness	Mild	Can last two to three weeks
Exhaustion	Very rare	Early and prominent
Stuffy nose, sneezing	Common	Sometimes
Chest discomfort and cough	Mild to moderate	Common, may become severe
Source: National Institute of Allergy and Infectious Diseases; FDA.		

What else could it be?

Many illnesses cause cold- or flu-like symptoms. Here are some common ones, along with information on what makes each different from a cold or the flu.

Pneumonia: Pneumonia is an infection in the lungs that usually causes fever, cough with sputum (coughed-up mucus), shortness of breath, and fatigue. Older people with pneumonia may only notice that they feel tired or confused. The most important difference between pneumonia and a cold or the flu is that pneumonia is most commonly caused by bacteria. That means that antibiotics can be used to treat it, whereas antibiotics have no effect on a cold or the flu. Vaccines can help prevent pneumonia, and are recommended for people at high risk of complication. This includes people older than 65, those in a nursing home or other facility, organ transplant recipients, and people with diabetes, lung disease, HIV, or cancer.

Bronchitis: Bronchitis is an infection of the bronchial tubes, which carry air to your lungs. It can develop as part of a cold or by itself and is caused by many of the same viruses. With bronchitis, you get soreness in your chest and a bad cough. You may also develop a wheeze when you breathe and get chills or a fever. Most of the time, bronchitis goes away on its own, but your doctor may prescribe an inhaled medication normally used to treat asthma to help you breathe easier. Antibiotics are not used for treating viral bronchitis.

Asthma: Asthma causes coughing, wheezing, and difficulty breathing. When a person first gets asthma symptoms, it may seem like a cold or the flu. But asthma symptoms continue until the person gets medication to treat the root of the problem - an abnormal narrowing of the breathing passages. A cold or the flu can exacerbate asthma symptoms.

Allergies: Symptoms of allergies vary widely, but they can be similar to cold and flu symptoms. The big difference between allergies and a cold or the flu is that viruses do not cause allergies; malfunctions of immune system cells do. Therefore, antihistamine allergy medications will have little effect on cold symptoms. Decongestant allergy medications have slight temporary effectiveness when used for the first time, but they will not be effective long term.

Sinusitis: The sinuses are moist air spaces behind the bones of the upper face. When they become inflamed, the most common symptom is painful pressure in the forehead, behind the nose, between or behind the eyes, or in the cheeks. Sinus pain can also sometimes feel like a toothache. Other symptoms include nasal congestion, postnasal drip that is worse at night, bad-smelling breath, fever, and a thick, discolored nasal discharge. Sinusitis can be caused by bacteria or viruses, and the treatment depends on which is causing the problem. Antibiotics may not be necessary.

Whooping cough (pertussis): Mild cases of whooping cough begin just like a cold - with a runny nose, sneezing, and a mild cough, usually with no fever. But with whooping cough, the cough gets worse. Coughing spells go on and on, and the person may seem to be choking or may turn red or blue in the face. At the end of a coughing spell, the person may either vomit or "whoop" as they try to breathe in. The cough can last for weeks or even months, and it can be fatal. It is caused by bacteria and if antibiotics are taken within seven days of the onset of symptoms, they may decrease symptoms. If antibiotics are given after that window of time, they can at least make the disease less contagious.

For more information on Cold and Flu Awareness, please visit the Healthy Living section on our website at www.simplywell.com

Source: from Harvard Health Publications

Copyright © 2010 by President and Fellows of Harvard College. ALL RIGHTS RESERVED.

Written permission is required to reproduce, in any manner, in whole or in part, the material contained herein.

To make a reprint request, contact [Harvard Health Publications](#). Used with permission of StayWell.

[Use of Content](#) • [Medical Disclaimer](#)

SimplyWell LLC • 4242 Farnam Street, Suite 270 • Omaha, Nebraska 68131

phone: 1.877.991.WELL (9355) • e-mail: info@simplywell.com • © 1998-2010 SimplyWell LLC. • ALL RIGHTS RESERVED.

Do you know *YOUR* score?

60

90

75

85

80

Facilitated by: Dawn Obermiller, Wellness Coordinator

Score Sessions

Date & Location

Tuesday, November 9
9:00 – 10:00 a.m.
Jelinek Conference Room

Wednesday, November 10
Boyne Building – 149
5:30 – 6:30 p.m..

Join Us!

Where can I find it and what does it mean?
Come and learn about your score

Improve your health!

Once you know your score, you can begin to improve it, with healthy lifestyle actions, if need be.

**No sign up necessary.
Call 280-5721 with questions.**

Watch for the 2011, Health Score Academy available for all to participate and improve!

Knowing your score TODAY helps you achieve better health TOMORROW!



TUESDAY, NOVEMBER 2

Preparing for the New 531 Area Code



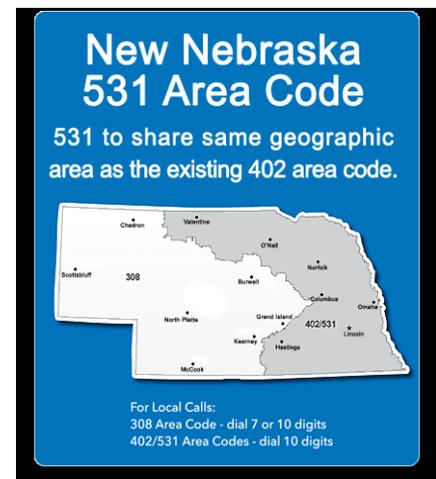
New Area Code = More Phone Numbers

To ensure a continuing supply of telephone numbers, the Nebraska Public Service Commission has approved the addition of a new 531 area code (area code overlay) to the geographic region served by the 402 area code. As the map to the right illustrates, this change affects customers in eastern Nebraska and some customers in western Iowa.

Overview of Changes

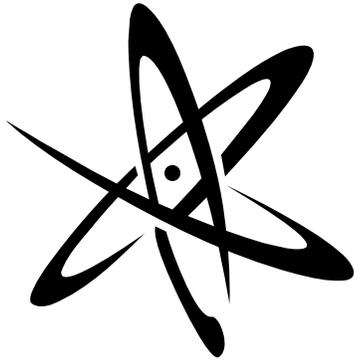
911 will still be reached by dialing just 911.

- The same is true for 211, 411, 511, 611, 711 and 811 - if these numbers are available in your community. Three-digit numbers will continue to be dialed with just three digits.
- You may need to reprogram or upgrade your equipment if you use specialized communications equipment. Talk with your phone system vendor about how you should prepare your equipment for the new area code.
- Some automatically-dialed calls may require programming to include the new dialing procedure. Your phone system vendor can help you determine any programming steps you should take.
- Check your online and printed materials to make sure your area code is included.
- Current telephone numbers will not change. Only newly-issued numbers may adopt the 531 area code.
- Local and long-distance calling rates and services will not be impacted by the area code overlay.
- What is a local call now will remain a local call, even when dialing 10 digits.



Important Dates- Don't forget to mark your calendars.

- **June 26, 2010 - Permissive Dialing Period begins.**
 - You should begin using the area code when dialing local calls. If you forget and use 7-digit dialing, your call will still be completed.
- **February 26, 2011 - Mandatory Dialing Period begins.**
 - You **must** include the area code to complete a local call. Local calls without the area code will not be completed.
- **March 26, 2011 - 531 Telephone Numbers Will Begin to be Assigned.**
 - New telephone lines may be assigned 531 area codes if no further 402 numbering resources are available.



SUSTAINABILITY AT CREIGHTON

MARY DUDA

New Energy Technology Major

The solar panels on campus don't just provide energy to campus; they also provide a learning opportunity for Creighton students.

Starting in Fall 2011, Creighton will offer a new major in Energy Technology. The new Energy Technology major will include four new labs, intended to encourage hands-on learning both indoors and outdoors. These labs are designed to reinforce mathematical and scientific concepts, including electrical testing and measurement, computer simulations, design and rapid prototyping, and solid state chemistry / materials science.

Primarily, this project is made possible by the Department of Energy, which has provided \$1.2 million for solar arrays and an additional \$1.2 million for curriculum development.

For more information about the new major, please see:

<http://www.creighton.edu/ccas/energytechnology/index.php>

For more information about the solar panels and the Renewable Energy Project, please see:

<http://green.creighton.edu>

No car on campus? No problem!

ZipCars are here! The self-service, on-demand car sharing program requires membership. Members reserve the car online, by phone or by the Zipcar iPhone application. Gas, a 180-miles-per-day allowance, insurance, reserved parking stalls on campus, and roadside assistance are included in the hourly and daily Zipcar rates. Cars can be reserved for as short as one hour or for up to four days. Rates on all Creighton vehicles start as low as \$8 per hour and \$66 per day (24 hours). Perfect for running errands over the lunch hour!



FREE flu shots are still available to Creighton employees at the CUMC Pharmacy. Please call to make an appointment at 449-4560. The Pharmacy is open M-F 8:30 a.m. – 6:00 p.m.



News from Planning and Design

Fran Angeroth

A quick look at a few of the current projects:

- Becker Hall major electrical upgrade was completed in early August.
- Boyne 324 was approved for some renovations to become a lab again.
- Brandeis – lots of new occupants. First floor now houses Academic Excellence and Education doctoral program. Second floor now houses Halo from COBA and meeting/lab spaces for Nursing.
- Kenefick Hall – is complete created a DoIT closet and installed wireless access points throughout the building.
- Kiewit Fitness Center – renovation of the 1st floor restrooms to meet ADA has just been approved and work will be scheduled to start.
- Law School Werner Institute expansion completed just before school started.
- Murphy building renovation in Varsity Press to accommodate the new equipment for the Xerox initiative.
- Reinert Alumni Library room 108 is completed to be a classroom/meeting room.

There are a number of other projects at this time in preliminary discussions, design and estimating, pending approval or scheduled for work at a later date:

- Bids went out for turf replacement for both baseball and softball. Review is in progress.
- Bids went out to caulk the exterior of the Cardiac Care Center.
- Bids went out to replace existing flooring at the Cardiac Care Center, ground floor.
- Brandeis dining hall upgrade is out to bid for architectural services for the project.
- Upgrading the campus security camera system to modern technology. Went out for bid received four proposals. Review took place and three companies were selected for presentations. Down to two now with site visits to see the live operation of the software.



Winter Weather

As winter approaches here in the mid-west, we need to be prepared for snow and ice.

During severe weather employees are advised to listen to newscasts on the mornings when severe weather conditions may force the closing or delayed opening of the University. You may also call the University Weather Hotline (402) 280-5800. The recording will indicate whether the University is operating under normal conditions, closed, a delayed start or curtailment of operations. If the decision is made to close, delay opening or curtail operations, charge the hours not worked to “excused time” on your timesheet.

In the event the University does not close, employees who may be concerned about safety in traveling to and from work may use their own judgment to stay home or leave work early (after consulting with your supervisor of course). However, you will be expected to charge the time off to vacation or leave without pay. **Sick time MAY NOT be used for this purpose.**

Note: Please remember that if you have been identified as “Emergency Personnel”, it is absolutely necessary you report for your normal shift scheduled.



Remember

Veterans Day

Thursday, November 11

- ❖ It began as Armistice Day, noting the end of the First World War, November 11, 1918.
- ❖ In the 1950s, it was expanded to become a day to honor all U. S. veterans.
- ❖ This country has been honored by the service of many, many men and women over the years, serving in the uniforms of our country.
- ❖ We should honor them, remembering all those that served, especially those that gave their lives in that service.
- ❖ As citizens, we should honor and thank those that are wearing that uniform today.
- ❖ Especially remember our own **Chris Casey** (Planning/Design) who is currently serving on Active Duty in our Military.



The National Committee for
Employer Support of the
Guard and Reserve

Recognizes

Fran Angeroth
Creighton University

As a
Patriotic Employer

For contributing to National Security and protecting liberty and freedom by supporting employee participation in America's National Guard and Reserve Force

National Disability Employment Awareness

2010 NDEAM Message from Assistant Secretary Kathy Martinez

Talent Has No Boundaries: Workforce Diversity Includes People with Disabilities.



America has been celebrating the contributions of workers with disabilities since creating a National Physical Disability Employment Awareness Week in 1945. Since then, our celebration has been expanded to a month and now emphasizes the contributions of people with all disabilities from all ethnic and racial groups.

It has always been important to celebrate the important contributions of workers with disabilities. But this year we have even more to celebrate, as President Obama is creating change that we can believe in for jobseekers and workers with disabilities. The President signed a landmark Executive Order on July 26 that calls on all Federal Government executive departments and agencies to create goals and action plans for increasing the numbers of people with disabilities hired and to improve retention and return to work of Federal employees with disabilities.

In addition, my office, the Office of Disability Employment Policy (ODEP), has been working with DOL's Office of Federal Contract Compliance Programs (OFCCP) on their recent issuance inviting input on how OFCCP can strengthen the affirmative action requirements of the regulations implementing Section 503 of the Rehabilitation Act of 1973. It proposes for the first time that federal contractors, who create 25% of the available jobs in America, would be held to benchmarks for hiring qualified workers with disabilities. Until now, it was enough for employers to make attempts to hire qualified workers with disabilities, even if their efforts never resulted in actual job offers.

At ODEP, we strongly believe that increasing employment for people with disabilities is contingent on increasing more accurate and positive portrayals of people with disabilities in the media. With that in mind, ODEP created two campaigns: *Lights, Camera, Access!* and the *Campaign for Disability Employment*.

Lights! Camera! Access! began with a "call to action and best practices" summit that initiated a groundbreaking dialogue between the U.S. Department of Labor and the entertainment and broadcast industries. Co-sponsored by the Academy of Television Arts & Sciences, the Summit brought together participants to explore strategies for improving images and increasing employment opportunities for people with disabilities in front of and behind the camera. As follow-up, the *Lights! Camera! Access!* industry groups are sponsoring events that promote NDEAM and lay the foundation to increase internship opportunities for college students with disabilities, starting in the summer of 2011.

Also developing interest in disability employment across the country are the public service announcements created by ODEP in conjunction with other national partners for the *Campaign for Disability Employment*. These announcements, called "What Can You Do?" highlight the contributions of several energetic employed workers with disabilities. The interest in these announcements has been so profound that TV stations have donated over \$8 million of free air time to promote this important employment message to employers.



Enrollment is mandatory this year – your 2010 elections WILL NOT rollover for 2011.

YOU WILL NOT BE ABLE TO ENROLL AFTER NOVEMBER 30!!

- Online Open Enrollment starts October 27 and runs through November 12.
- Making an election is mandatory this year – if you don't log on or call to enroll, you will NOT have medical, dental or vision coverage in 2011.
- Register for a user ID and password needed to access the new benefits system.
- Review plan and premium changes.
- Use tools like the [United Healthcare Plan Cost Estimator](#) to evaluate your usage versus the plan premiums; you might be surprised to find you are paying for more coverage than you need. Taking a bit more risk, like a higher deductible, could mean lower premiums and more money in your paycheck.
- Learn the impact of Healthcare Reform for those with children under age 26 and for those who sign up for the healthcare flexible spending accounts (gone are the days for paying for over-the-counter medications with your PayFlex debit card).

Now is the time to do your homework and choose well to live well!



George Tangeman is away on vacation so I get to write about energy conservation. The work that is being done by you to conserve energy is very apparent. At the recent OPPD customer meeting, an OPPD vice president told me that his team was watching Creighton because the electrical energy consumption has dropped significantly. This is related to lighting changes whether new lamps or occupancy sensors to turn off lights automatically or simply shutting off lights. It all makes a noticeable difference because Creighton, as an OPPD customer, sees the same rate increases as you see at your home.

Energy conservation is also happening with the carpenter shop at the helm with sealing building envelopes. I am aware of new exterior doors being installed, more weather stripping and more caulking. These are basic activities that pay for the individual effort in a short time. Each of you is asked to inform the front office about your observations of energy hogs. Knowing where energy is wasted is the first step in correcting the problem.

There are other factors that also help with energy conservation efforts. The new temperature controls system in Swanson Hall may be the biggest project completed recently. The alternative energy project with its solar arrays and soon to be installed, wind turbines are also key as electrical energy is produced on campus for use on campus.

I read in a trade journal sometime ago that if you want to know where the roof leaks, ask the custodian. They know the building a lot better than the Director of Facilities Management. I suppose you could interchange custodian with maintenance staff. Nonetheless, you are all very attuned to how your respective building performs and what can be done to conserve energy. Tell us.



Origins of Thanksgiving

- While harvest festivals have been celebrated around the world since time immemorial, the modern holiday we call Thanksgiving is generally considered to date back to 1621. Following a long and brutal winter, the Pilgrims celebrated their first successful harvest in the New World with a Thanksgiving feast.
- This feast was attended by 90 members of the Wampanoag tribe, including their chief Massasoit. The Native Americans initially went to investigate the sounds of gunfire, which turned out to be the Pilgrims' celebration. Upon this discovery, Massasoit sent his hunters out and they returned with five deer and numerous fowl to share with the Pilgrims over the course of their three day Thanksgiving celebration. Thus the tradition was born!

Thanksgiving Trivia

- Thanksgiving wasn't considered a national holiday until 1863 when President Abraham Lincoln released a proclamation, officially establishing the last Thursday in November as Thanksgiving. The Thanksgiving holiday was later moved to the fourth Thursday in November by President Franklin Roosevelt to extend the Christmas shopping season and improve the economy.
- Canadians also celebrate Thanksgiving; however theirs is on the 2nd Monday in October.
- Over 84% of adults in the United States will attend Thanksgiving dinners this year.
- Over 94% of those Thanksgiving dinners will include cranberry sauce.

Turkey Trivia

- Benjamin Franklin argued that the turkey, and not the bald eagle, should be the national symbol of America. He claimed that the "vain and silly" turkey was a far better choice than the bald eagle, which he thought was a "coward."
- Even though they are generally seen as large and ungainly, turkeys:
 - Can fly up to 55 MPH over short distance
 - Run up to 25 MPH on the ground
 - Have excellent hearing but no ears
 - Have a poor sense of smell
 - Can see in color
 - Have a 270 degree field of vision, making them difficult to sneak up on
 - Sometimes sleep in trees
- Over 45 million turkeys are prepared and eaten in the United States for Thanksgiving each year.
- The five most popular ways to eat the leftover turkey from Thanksgiving includes: soups or stews, sandwiches, casseroles, stir-fries and salads.
- Age does matter. Older male turkeys are generally considered to be tastier than young males (stringy) or females (tough).
- Young turkeys have a number of unfortunate names including "fryer" when they are less than 16 weeks old, and "roaster" when they are between 5 and 7 months old.
- Only male "Tom" turkeys gobble, and they can be heard a mile away; the females only cluck or click.
- The "Turkey Trot" dance was named after the short, jerky steps that turkeys make.
- The Native Americans called turkeys "firkees," which some believe to be the origin of the word. However, when turkeys are spooked they make a "turk turk turk" sound, which is where the name likely originates.