

Facilities Management News

Vol 5 Issue 3

August 1, 2009

School is about to start as each of us knows. Mary Chase and her team in Enrollment Management and Admissions have done an exemplary job of getting the largest freshman class ever at Creighton. The timing could not be better as the University continues to work under tight budget constraints. Each of you helped to increase the enrollment by being courteous to prospective students and their families; presenting an attractive, clean and well maintained campus; and serving as ambassadors of the Admissions office. You, on the front line, are sometimes the first person on campus a prospective student contacts to find out information or directions. Thank you for appearing neat and clean with the attitude that is always stellar and prideful. You make the difference.

You are to be complimented once again for coming through a very busy summer. I know that Betty Alcorn's team and Zautu Kadaw's team were very busy in the residence halls because of the number of camps and conferences. The work needs to be done and the team pulls together to accomplish another "miracle". I know people get tired and tempers get short because it would appear there isn't any organization. Obviously there is a lot of conversation and coordination or there would be even more work to do in a short period of time.

As new and returning students come back to campus, once again you are asked to refrain from long vacations. Each hand is needed so that school can start smoothly. Being tired and frustrated does contribute to a recipe for trouble so strive to be courteous. There isn't that much difference between the common sense that each of you possess in large quantities and common courtesy. Respect of others starts the courtesy. Don't be condescending or even worse don't be mean. The people we work with and work for are as stressed as we are so use the common sense that helps you extend common courtesy. A friend told me once that this is all a big game and in 20 years it won't matter. He may be right. But why burn a bridge? My dad told me that in two weeks it won't matter so don't get upset with others. This reason to be rude/upset/ even hateful for a minute isn't worth it in a very short time. Dad may have been stretching it when he said two weeks.

I have already recognized some people but I want to spotlight a few more.

- *Curt Tate has been busy since February trying to find the problem with the fire detection and alarm in the Harper Center. He is now seeing the end of the tunnel having re-wired a major portion of the building.*
- *The painters have made a big difference in the look of campus having painted the ROTC Building and the Walt Jahn Building.*
- *The people that are working with us through a program sponsored by Goodwill Industries have been very helpful and flexible accomplishing many tasks with a variety of skills.*
- *Paul Starr, Dan Schmeckpeper, Jack Rose, Chuck Pond, Kandi Freeman, Ed Grudle, Jim Mueller, Pat Cave, Matt Rau, Jake Anderson Lorenzo Gladfelter, Dave Thomas, and Brain Nelson are a few of the people asked to work non-routine hours to extend coverage of the service we provide so those of us not at work can have real time off. These people are being cross trained into other skill sets and becoming first respondents on building problems. Through all this, the custodians continue to anonymously clean when most people are away from campus the behind the scenes efforts really make the organization look stronger and seamless.*

Thanks for all you are doing and thanks in advance for what you will be doing. The work will never stop and the expectation that service will be delivered will only grow. The University deserves it and you have proven you can deliver in a quick and safe manner.

*Congratulations on a successful summer of work. Stay safe and stay well.
Lennis*

Landscape News from Jessica Heller:



Preparing for Emerald Ash Borer

Word is getting out in local media that Emerald Ash Borer (EAB) is on its way to Nebraska. For those of you that aren't familiar, EAB is a non-native beetle, first detected in the US in 2002 near Detroit, Michigan. While the adult beetles are relatively harmless, the larvae feed on tissue between the bark and wood of ash trees, disrupting the flow of water and nutrients and ultimately killing the tree. While not yet detected in Nebraska or Iowa, EAB is established in twelve states, from New York to Virginia and west to Minnesota and Missouri. Since its discovery, EAB has killed tens of millions of ash trees in the Detroit area alone, with tens of millions more lost in other infected areas.

EAB is significant for a number of reasons. For one, ash is a dominant forest species in the U.S. Equally important is the fact that a large percentage of the trees in our landscapes, parks, and streetscapes are ash. Urban and rural communities alike are affected by the loss of these trees.

Creighton is taking an offensive approach to the threat of EAB. As an improvement to annual casual inspections of campus ash trees, we are beginning a more formal practice of surveying the ash on campus, recording their location, size, and general health. We are also continually educating ourselves on the status of infestations and recommendations for treatment and prevention.

If you would like to learn more about Emerald Ash Borer, including what you should know as a homeowner, visit <http://www.emeraldashborer.info/> or the Nebraska Forest Service's site at <http://www.nfs.unl.edu/EAB.asp>.



Saving Energy Costs:

Over the past calendar year, Facilities Management has been selectively retrofitting light fixtures to utilize the new technologies available in a cost effective manner while not reducing and possibly enhancing the light levels in areas being served. During the past several months 340 garage lights, 6 Pillar Mall lights, Kiewit Drive, Swanson Drive, and Rigge Plaza fixtures were switched from 175W MH to 42 W fluorescent bulbs; Criss III dock lights were switched to 13 W LED; and selected bulbs in the Harper Center were replaced. Currently, a project is underway to replace the light fixtures in the Old Gym and to place timers and/or photoeyes on all lights and fountains.

Add Pep with Peppers! With a mild flavor and crunchy texture, bell peppers can brighten a salad or make a quick snack. Plus they are rich in essential nutrients ~ green bell peppers have twice as much vitamin C by weight as citrus fruit, while red bell peppers have three times as much. (TopHealth Feb 09)

Creighton *Campus News from Father Schlegel*

UNIVERSITY

(Dated June 2009)

With another successful commencement celebrated and our graduates off to points across our nation and around the world, ready to make their marks, the days of summer lie open before us. As I reflect on this past academic year, I am heartened by our accomplishments and optimistic about Creighton's future. In this spirit of gratitude and hopefulness, I briefly share with you some very good news.

Creighton University recently became the recipient of the largest bequest in our history. This estate gift — in excess of \$40 million — is from longtime donors who care deeply about our academic mission and believe in the transformative power of a Creighton education and the power of philanthropy to do good for society. These benefactors are earmarking their transformational bequest to support undergraduate student scholarships. We are incredibly grateful for the untold benefits countless students will receive from this remarkable couple's generosity, not to mention the ripple effect that will flow exponentially to those students' future families and communities.

Another transformative opportunity lies within the health sciences where we maintain unique strengths. Since 2005, the Creighton School of Medicine has had a medical clerkship relationship with St. Joseph Hospital and Medical Center in Phoenix. This relationship gave both organizations a shared tradition of academic excellence, devotion to service, and commitment to Catholic values and traditions. In keeping with the actions of our Board of Directors, Creighton and St. Joseph's Hospital/Phoenix will develop and operate a Creighton School of Medicine on a Phoenix campus proximate to the hospital. This project will be inaugurated June 30. This program will address both the shortage of physicians in the southwest and expand the School of Medicine's overall class size, allowing more students to experience the benefits of a Catholic-centered medical education.

Finally, I am pleased to announce the most recent addition to the Creighton/Omaha skyline – construction of phase-two of the expansive University fitness, health and recreation center going up on our east campus. The first phase, the Ryan Center and D.J. Sokol arena is a work in progress and will be dedicated on Aug. 28, thanks to the generous support of the Eileen and Wayne Ryan family and the Peggy and David Sokol family. Our ability to begin the construction of the second phase has been made possible, in part, through the generous support of Ruth and Bill Scott. The new center reaffirms the Scotts' belief that social, recreational and health opportunities are key to a student's success and college experience. An additional element that makes this new facility special is that it will be named in honor of Bruce Rasmussen, our highly respected coach and Director of Athletics. Entering his 30th year at the University, Bruce has directed Creighton Athletics to a position of national prominence with integrity and class. Bruce is a role model for coaches and student-athletes alike. Congratulations to Bruce.

John P. Schlegel, S.J.
President



Congratulations to Mu Gay Wah and Saw Lot on their wedding June 27. Mu Gay is a custodian in Swanson/Gallagher Halls.



WELCOME

Welcome to the new employees that joined us during April, May, June and July.

Custodial Services:

- ❖ **Jose Santana** started working as a custodian at Creighton in May on the night crew at the Alumni Library.
- ❖ **Zaw Lai Dingrin** started as a custodian in the Harper Center on April 27. He is married and has 5 children. His son Zaw Lataung Dingrin works as a Floor Tech. He enjoys gardening and wrestling.
- ❖ **Zaw Lataung Dingrin** started as Floor Tech on April 27. He is single and enjoys reading and playing football. Before coming to Creighton is worked at Tyson Foods. His father is Zaw Lai Dingrin.
- ❖ **Mu Gay Wah** started working as a custodian in Kiewit and Gallagher Halls on April 20. Before coming to Creighton she worked for CUMC as an interpreter. She is newly married and her sister, Mu Wah, works in the Harper Center.
- ❖ **Bayo Thomas** has been working as custodian taking care of the floors in the Criss Complex since April. He is single and enjoys swimming. He has a degree in Dress Making from Yaba College of Technology in Lagos, Nigeria.
- ❖ **Dora Juarez** started at Creighton in April and is a custodian in the Criss Complex. She moved here from Los Angeles, CA to be closer to her sister, Ana, who is the Lead Custodian in Hixson Lied. While living in Los Angeles, she worked for 10 years at the Sears Warehouse. She is single and her hobbies include relaxing at home with family and friends, taking walks, and traveling back “home” to Guatemala.
- ❖ **Walter Owens** became a Creighton employee on May 26. He works as a custodian on the night crew in the Alumni Library. Before coming to Creighton he spent 11 years working as a delivery driver for Office Depot.
- ❖ **Michael Pond** moved to Omaha from Kansas City, Kansas and started working as a custodian in Kiewit and Gallaher Halls on May 18. He is single and has 3 sons: Russell, Brendon, and Dusty. He enjoys camping, boating, and fishing. His brother, Chuck, works as a Maintenance Engineer.
- ❖ **Hei Nay Kae** is a new custodian in the Harper Center. He is married and has 3 children: Eh Pho Wah Soe (5 years old), Eh Pweh Wah Paw (3 years old); and Hei Snow Htoo Soe (5 months old). He has graduated from an ELS program and enjoys singing and playing the guitar.
- ❖ **Jean Pierre Mkoko Massimba** started as a night crew custodian in the Alumni Library on April 27. JP is from the Democratic Republic of the Congo (formerly Zaire) and when civil war broke out in 2002 he fled to various neighboring countries and finally arrived as a referee in the US in January 2009. During the civil war, he was separated from his wife, children, and friends who remain somewhere Africa, and he continues to search for them. While living in the Congo, he was employed as a truck driver and diesel mechanic.

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 | ➤ Mary Duda |
| ➤ Tom Holmer | ➤ Dave Feder |
| ➤ Beth Sylvester | ➤ Dennis Graskowiak |
| ➤ Kevin Dague | ➤ Jessica Heller |
| ➤ April Gladfelter | ➤ Mariah Starling |



News from Planning and Design

Fran Angeroth

The funding for the large solar collector project is being sought as a grant from the Department of Energy. Even though the \$1,200,000 is approved by a law, the University still needs to apply for the funds as if it were a grant. The good news is that the funds are there and the University is the only agency that can apply for the funds. OPPD and others are working on the project design by studying options for location of the collectors. It is the goal of OPPD to have the panels installed by Christmas. To help with the selection of the panels, the Physics Department is doing an independent study of solar panels mounted on the roof of the Wareham building. The efficiency of the panels is being recorded on a computer that can capture and analyze data regarding the amount of electricity the panels can produce.



The Ryan Center/DJ Sokol Arena is in the final minutes of being completed. Teresa Bohnet is leading the group involved with the move. The goal remains to play volleyball in the facility when the women return to campus about August 12th. Jill Dickey, Matt McKenzie and Brenda McGregor are developing the staff of custodians for the facility. Three new positions are being filled. The facility is a significant addition to the Athletic Department's program and gives women's sports a great home on campus. If you haven't peeked in yet, please do because it is a very well done building. The project does include starting the Webster Mall from Florence Blvd to 17th Street.

The sewer separation project on 20th Street is wrapping up. The landscape and lighting are underway. The Webster Mall project is being accomplished by Hawkins Construction. Jessica Heller will have her fingerprints on the planning for and planting of trees. The mall between Florence Blvd and 20th Street will be more like two sidewalks that can be enhanced later with brick pavers and other landscape fixtures.

The sewer separation project on Cuming will be an inconvenience for several more months. The plan is to open the intersection at 24th and Cuming in about three weeks. This will provide for traffic on Cuming east of 24th. The portion of Cuming Street between 24th Street and 27th Street will be closed until late December so the sewer lines can be installed. When this happens, the access to the big parking lot at 25th and Cuming will be denied as well the parking lots around ROTC.

Dave McAtee is working with Alvine Engineering to develop a scope of work for a master plan of the high voltage system on campus. The infrastructure is old and under maintained. The timing of the study is great because the Harper Center has switchgear installed that can serve a major portion of campus and allow the University to upgrade the switches in the Burt Street Utility Plant. The anticipated master plan also will address an alternate source of electricity to the Criss/ Beirne Tower/Rigge buildings so research isn't destroyed when there is an outage.

The University is about to complete the process to select an architect to design a new sophomore residence hall. The details for the structure are still being developed because the architect hasn't gotten off to a good start yet. It seems clear that the project will be built north of McGloin Hall in the parking lot. The size of the building(s) isn't certain but there will not be more than 400 beds. The rooms will be like those in McGloin and Swanson. It is planned to open the new facility in July/August 2011 but the aggressive schedule may not be attainable.

The Creighton Hall roof is nearing completion. Take a look from Cuming Street as you drive West. The Old Gym south side roof is complete.

Projects have started in Gallagher, Kiewit and Swanson halls to add wireless connectivity throughout the buildings. Very aggressive time schedule to be all complete by August 14th.

Epley room 112 has been divided and will have a new "trading room" by the time school starts.

Work on the Old Market Clinic is progressing on the final phase of remodeling their original clinic space. Work is anticipated to complete in the fall.

Hitchcock is getting two new "data" closets on the second floor for an exciting new program from Apple with the English and Mass Communications departments.



RAINBIRD MAXICOM SYSTEM:

Ray Madej

Maxicom is a hardware and software package that offers genuine central management of irrigation systems. Maxicom manages irrigation systems by sending out instructions, or schedules, and by constantly monitoring feedback to verify that the instructions are carried out. Maxicom can monitor current flow, check for breaks or leaks and turn off the offending zone or main line. Maxicom manages flow through the irrigation system to mainline capacity, which keeps irrigation run time to a minimum.

Maxicom is provided with a pre-installed Dell computer packages. The central controller is located in the up stairs Landscape office and is only dedicated to Maxicom. The computer may be accessed from a remote computer with PC Anywhere software, which is also pre-installed. The software has password protection that allows users at remote locations to access only there sights to input data or to make changes. A master password gives the water manager access to all sites.

The immediate savings are in water, labor and power. Most controller run sites are over-watered; Maxicom can use evapotranspiration (et) based scheduling to replace precisely the amount of water lost through evaporation and transpiration, or plant use. It is not unusual for new maxicom clients to reduce water use by thirty to forty percent. Labor costs are dramatically reduced because physically monitoring a site for breaks, stuck valves or missing nozzles is no longer necessary. Power consumption, especially in systems with pumps, is reduced because Maxicom runs schedules to take advantage of maximum gallons per minute available.

The long term- benefit is a healthier, more attractive landscape at a reduced maintenance cost. This is accomplished by automatically applying the proper amount of water at the proper time. Many of the more visibly troublesome aspects of an irrigation system, such as watering in the rain, "blown heads", and watering at inconvenient times are eliminated. Over-watering, and its resulting problems, such as increased susceptibility to disease and decreased playability on sports fields are reduced.

The extent of systems that are functional are the Harper Center, Davis Square, Opus, Linn, Labaj, 24th Street New Parking Garage, and the 20th Street New Parking Garage. The 20th Street New Parking Garage modem is still not functional at this time. This problem should be fixed with in 2 weeks. Also we are waiting on purchasing a Weather Station which is a key component to water savings.

**Mark your Calendars to
Join in the fun**



**FUN DAY Carnival
Thursday, September 10, 2009
12:00 noon – 3:30 p.m.
NP Dodge Park**

Hidden Ways to help your heart



The good news about heart disease – America’s #1 killer – is that a healthy heart is within everyone’s reach. You know some of the rules: Eat less fat; eat more fruits and vegetables; and keep blood pressure and cholesterol levels in check. **But there are more ways to boost heart health:**

♥ **Don’t skip breakfast.** Most heart attacks occur between 7 a.m. and noon – possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky...and less likely to clump together and block a vital artery.

♥ **Lighten up.** People who overreact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

♥ **Meet the “A’s”.** You may be heard about the antioxidants – vitamin A, C, and E, and beta-carotene – that appear to slow plaque formation in the arteries.

♥ **Kick tobacco.** Smoking affects more than your lungs. Fact is, within a few years of quitting, you’ll cut your risk of heart attack by at least half, similar to those who never smoked.

♥ **Get off the couch.** Sedentary living ~ not high cholesterol ~ is one of the greatest risk factors in heart attack deaths. Tip: Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly. Take the stairs. Play actively with kids. Live longer!!



Healthy Food Shopping Dos and Don’ts.

Do read nutrition labels. Tip: Any food called “healthy” must contain at least 10% of the Daily Values per serving for several important nutrients (in addition to being low in trans fat, saturated fat, sodium, and cholesterol.)

Don’t forget fiber’s finest. Load up on whole-grain breads, rolls, and cereals, as well as brown rice and dried beans. When shopping, look for the word “whole” at the top of the package ingredients list.

Do pick the greenest. When buying salad greens, select those deepest in color – dark greens and reds. Why: The dark color means higher concentrations of antioxidants vitamins A, C, and E, folic acid, calcium, and other nutrients.

Don’t dismiss frozen produce. Some frozen fruits and vegetables contain as many nutrients as fresh produce – sometimes more. One study found frozen green beans had about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.

Do select “TV” dinners carefully. Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

Don’t pass up pasta. It’s high in protein and contains B vitamins and iron.

More Do’s: Avoid shopping on an empty stomach; choose fruit “juices” instead of “drinks”; buy skinless poultry; remember that a standard serving of meat or fish should be the size of a deck of cards.

What is happening with N1H1 flu Virus? How will it affect US?

John Baxter

A recent article in the *Inside Higher Ed News* stated this:

With nearly 34,000 confirmed cases of the H1N1 "swine flu" virus in the United States -- and an estimated one million people infected when untested cases are taken into account -- college and university health centers across the country are on high alert. Colleges certainly have not been immune to the virus, with many across the country reporting confirmed cases. But with campuses much emptier during the summer months, the million dollar question is what will happen when students return in the fall.

Initial indicators seem to suggest that H1N1 is "not mutating wildly," according to Robert Winfield, chief health officer for the University of Michigan and the university's health service director. This means that the virus is not developing significantly higher levels of morbidity and mortality among those whom it infects. "What will happen in the fall, likely, will be moderately contagious, with low mortality and morbidity," he said.

Just what does this mean for the Creighton Community? First it means that we still need to be ready to respond when there is an outbreak in the city or on the campus. This includes stockpiling some common materials such as masks, hand sanitizer and disinfectants and preparing for a wide variety of possibilities including the campus shutting down for some time period. It also means that we as employees will need to be ready both to protect ourselves at home and at work. The most important things we can do is practice good personal hygiene such as washing our hands, coughing into our sleeves and following social distancing guidelines when they are published..

The University is currently preparing plans to address the problems that will be caused when H1N1 makes its first appearance here on campus. This planning is important to ensure the recovery of the campus as quickly as possible when an outbreak does take place. The most important thing to remember though is that no matter how bad an outbreak gets here on campus all of us in Facilities Management will be on the front lines to ensure the recovery takes place quickly.



Beth Sylvester's last day with us will be Friday, August 7. Beth will be moving to North Bend, Oregon to be closer to her parents and brother. She plans to continue her graduate education full-time, pursuing a Master's degree in Counseling. Be sure to stop by the front desk and wish Beth well in her new adventure.

BACK BREAKING BACKPACKS: Have you tired lifting your child's backpack? Ouch! According to health and wellness experts, a backpack should not exceed more than 15% of a child's total body weight.

SUSTAINABILITY AT CREIGHTON

MARY DUDA



SUSTAINABILITY ISN'T JUST FOR HIPPIES ANYMORE!

Sometimes, it seems like sustainability is just for hippies and tree-huggers. You may think that the whole **global warming** (or climate change) thing is a bunch of nonsense; scientists are debating the current theories and learning more, and our understanding of the climate may change. But that doesn't mean that **conserving energy** and resources is a bad idea. Saving resources like energy and water and doing things like recycling **just makes good sense** in a lot of different ways. A few points to ponder are below.

- You may ask, "**But I don't pay the bill here at work, why should I care?**" You should care because it does cost you money; you do pay the bill, at least indirectly. Higher utility costs leave **less money** for salary increases, benefits, research projects, and the like. So it makes sense to conserve energy both at home *and* at work.
- One way energy conservation makes sense is that it actually **extends the lifetime of equipment** and **reduces the maintenance cost** by operating fewer hours and at less than maximum capacity. All equipment is rated to operate for a number of hours in its lifetime. Equipment that is operated for 8 hours a day will last three times longer than equipment that is operated for 24 hours a day.
- While many people are pushing for "**renewable**" **energy sources** such as solar or wind power, the reality is that "green" power plants are not capable at this time of providing the amount of power we consume, and they will not be able to do so for quite some time. So for the time being, we will continue to use **traditional sources of energy**. Here in Nebraska that means coal, along with nuclear power. Things being what they are, it is incredibly difficult to build a new nuclear power plant in the U.S., so we rely heavily on coal plants. Unfortunately, **coal is running out**. The less coal we use now, the longer we can make what we have last. Plus, the Cap and Trade bill being debated in congress will make coal power increasingly expensive as they place limits on CO₂ emissions.
- More than **2.3 billion pounds of plastic bottles** were recycled in 2007. Although the amount of plastic bottles recycled in the U.S. has grown every year since 1990, the actual **recycling rate remains steady at around 24 percent**. In addition to saving space in landfills, recycling saves us from using oil and energy to produce new plastic bottles. Recycling plastic bottles is actually 60% less energy intensive than making new ones. It's a good way to help lessen our dependence on foreign oil. Why not switch to tap water in a reusable bottle or make sure to recycle your empty water (or pop) bottle when you're done with it?

WHAT'S NEW WITH SUSTAINABILITY HERE IN FACILITIES?

- The Division of Administration and Finance has started a new Sustainability Initiative. More information will be forthcoming about ways to make the Division more sustainable in our daily operations. We're excited about this opportunity and hope you will be, too. Stay tuned for more information as the initiative moves forward.
- The second gathering of sustainability folks at various colleges and universities in the area took place this month; more ideas were exchanged with such schools as K-State, KU, UNO, and LSU. The next one will take place in October.

The best overall exercise is Aerobic – start with 10-minute moderate workouts 3-4 days a week; increase time and intensity 10% a week. (PersonalBest Healthline – April 09)



Green Cleaning at Creighton

Matt McKenzie

Facilities Management is proud to announce that we have fully implemented our Green Cleaning practices here at the University. What is green cleaning you ask? Green Cleaning had been coined as a way to clean using environmentally friendly ingredients and chemicals for household, industrial and commercial cleaning. Green cleaning products do not contain chemically reactive and toxic components that can be absorbed through the skin and emit volatile organic compounds, all of which can cause respiratory and other adverse health problems.

Although change is sometimes hard to accept, the custodial staff has embraced the need for this change and has really done an outstanding job making these cleaners work.

As some may know, using green chemicals can be more labor consuming. Since certain ingredients have been removed from these chemicals it takes more time to make them work. In the custodial business we call that “dwell time”. There was a certain loss of efficiency at first, but as time progressed everyone found a routine on how to use their time wisely and still make the chemical work to their advantage.

Even with the implementation of green cleaners we still must retain non-green products to maintain the campus buildings. There are no true Green disinfectants so we must use this product for health and safety standards. Other products are used only with strict supervision from managers and supervisors and are used only when necessary. All non green products that are requested must be approved by the Custodial Manager or Directors.

Many people probably do not know that when the Harper Center was completed we started with all green products. Our electric powered cleaning equipment such as vacuums are certified by the Carpet and Rug Institutes Green label testing program and have a sound level of 70dBA or less. All powered hard surface equipment have the same sound requirements and are equipped with dust capturing guards and other devices that capture fine particles. The carpet extractors and automatic floor scrubbers are equipped with on board metering devices that optimize water output and cleaning chemicals. All equipment that contain on board batteries are environmentally preferred gel batteries.

At Creighton University our custodians are trained not only to be excellent cleaners, but they are also trained in all safety aspects of the job. Facilities Management holds our staff to the highest standards possible. As we evolve with our “Green Clean” mission, we will continue to strive for excellence, not only in our cleaning products, but also in the way we do business as a whole.

**If you couldn't quit tobacco the first time, try again –
and again – and again. Never lose sight of your reward:
feeling and living better.**

(Personal Best healthlines – April 2009)

Upcoming University Holiday

Labor Day

Monday, September 7



The Labor Day holiday, as we know it, grew out of the efforts of labor unions over a century ago. According to the U.S. Department of Labor, records indicate the holiday was first proposed in the late 19th century. Two men are credited with the original idea: Peter J. McGuire, a co-founder of the American Federation of Labor, and Matthew Maguire, a machinist and secretary of the Central Labor Union in New York.

Early legislation enacting Labor Day came from the states, led by New York and Oregon (which was the first to make the holiday official in 1887). In 1894, Congress passed the act which made the first Monday in September of each year a holiday.



**Sunday, September 20th, 8:15 am
at the Civic Auditorium**

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

The 2009 American Lung Association Corporate Cup is indeed more than a race. It is a major Omaha event that makes a difference in the lives of 200,000+ Nebraskans affected by lung disease, and that's what the American Lung Association has always been about – making a difference.

Choose to walk or run either a 10K, 2 mile or kid's 100-yard dash events.

**The Omaha Corporate Cup information and registration is available online at
www.omahacorporatecup.org**

Register with our team: "Creighton and CUMC"

CU/CUMC t-shirt and race day breakfast will be provided as part of your team registration

Our team registration deadline is Friday, September 4th, so don't delay!

Registrations after this date are not guaranteed a t-shirt.

Other Team information:

- ✓ Not only are you giving money for a great cause, but you also get a **free t-shirt and race day breakfast and water** sponsored by the Creighton University Wellness Program and Creighton University Medical Center!
- ✓ CU/CUMC Team T-shirts will be available for pick-up the week before the event. You will be notified through email when and where you can pick up your event packet and shirt.

Questions?

Contact:

Liz Ferguson, Creighton and CUMC Corporate Cup Team Captain

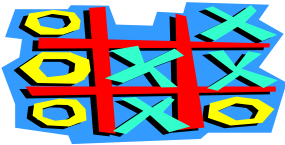
280-1716

LizFerguson@creighton.edu

Planned power outage:

Facilities Management is planning a scheduled electrical power outage for the main campus on October 17th. The duration will be approximately 8 hours in some areas and 4 hours in others. More information will be sent out as the plan gets finalized.

MAKING FAMILY MINUTES COUNT



You may not have as much time to spend together as you would like, but you can make the family time you do have as valuable as possible.

- ❖ **MAKE A COMMITMENT:** Decide now to devote more time and energy to family and friends instead of waiting for things to settle down or get less busy.
- ❖ **TURN OFF THE TELEVISION:** Much free time in today's household is spent in front of the TV. Try turning the tube off for a week, and note how much more time you have to connect with your family.
- ❖ **COOK DOUBLE ON WEEKENDS:** Make large meals and freeze half so that our weekday commitments are lessened and you have more time for fun.
- ❖ **TRY INDIVIDUAL TIME:** If having the whole family together as a group leads to arguments, sibling rivalry or competition, then change your strategy. Spend a few minutes alone with each family member. You might read a book with a young child, have a cup of coffee with your spouse or help an older child with homework.
- ❖ **TAKE THEIR LEAD:** You don't need elaborately planned outings or fancy vacations to spend time together. Instead, listen to what your family members want to do. Chances are, simply playing a board game, sharing a bowl of popcorn or giving your undivided attention during story time are the best gifts you can offer.

Top Performance
November 2007

"You are the only person on earth that can use your ability"

– Zig Ziglar