

Facilities Management News

Vol 6 Issue 3

August 2010

Greetings as we get ready for school to start. I often take the opportunity to encourage you to be good ambassadors of the University. Being on the front lines, we see returning and new students during move in and school start at their worst because of the stress they are under. Take some time to smile and be courteous. Adjustment to the college setting can be eased if we are good ambassadors delivering quality service. We should do what we can to make college life pleasant and safe.

- *Sanitize when we clean to reduce the possibility of spreading disease and common colds.*
- *Secure the room when we leave it. Turn off the lights.*
- *If we enter a residence hall room when it is unoccupied, leave a message that we were there and why we were in the room. This is their home and we should grant the privacy home dwellers expect.*
- *If asked to do something, we should try if it is within our responsibilities and duties and if not, we should report the need to our supervisors.*
- *Wear our uniform shirt and ID badge so people we meet will know who we are.*

The time at Creighton is very exciting and the chance to be part of an improving University is ours as change commences. The University is balancing the operating budget. The method used is to reduce the operating budget for goods and services by 3%. Reducing salaries and reducing staff is not part of the equation as Creighton continues to be concerned about the welfare of its greatest resource, its people. Facilities Management will see a budget reduction of a little less than \$400,000. The large part of the reduction will be from the utility budget forcing us to be very vigilant with energy conservation. Other reductions will be noticed in a reduction in spring plantings, a reduction in outside window washing, purchasing supplies for painters, slowing down vehicle replacement and doing fewer projects. This is the second large budget cut I have seen at Creighton. About 8 years ago, the budget base was reduced by about as much and we came back wiser and more efficient. This is our time to make the right steps, again.

The University is also engaged in a process that reviews and prioritizes the programs we do. For Facilities Management, about 30 programs will be reviewed from the work we do in Planning and Design to Pest Control. Supervisors and managers are writing the text to explain the program and why it is important to the University. Maria Jerrell is consolidating the information into a standardized form that also delineates the budget for the program. Our efforts will be done soon. The University will be wrapping up the full review in late winter. This gives us a tremendous opportunity to tell others what we do and why we do it. The basic reason for the review is to look for inefficient operations or for programs that truly do not support the reason for Creighton. It also gives us a chance to tell what we do well and possibly get additional resources to do better what we now do well.

Facilities Management now reports to the Vice President for Administration. We have reported to the Vice President for Administration and Finance but Dan Burkey was promoted to Senior Vice President in charge of Operations. His previous job has been split into Administration lead by John Wilhelm and Finance which is lead by a new position yet to be filled. Reporting to Mr. Wilhelm is good for Facilities Management because he will have more time to focus on what we do and have the time to help us. Dan Burkey keenly understands what we do and where our resources are short and will be able to help us at a more strategic level. Over the next few months, you will get to know Mr. Wilhelm.

For me, it is a sad time to note that Fr Schlegel is leaving his post as President in another year. He has enabled us to do a lot of good work for Creighton from its award winning landscape to its new buildings and master plan with design standards. It is okay to be apprehensive as we contemplate the change. Fr Schlegel has been very personable and approachable. He expects a lot and recognizes quality and the lack of it. He is also wise and understands the limited resources we have for operations. We should do all we can to make his next year as successful as his earlier years. If we do that, we will greet the new President at grand facility with the honesty, dignity and respect Fr Schlegel instilled in us for all people.

A couple of project updates:

- 1) The alternative energy project is winding down. The large solar array in the parking lot east of ROTC is probably about two weeks from completion. The electricity generated from the photocells will be consumed in the Criss Complex. The solar tracker will be installed south to the Lied Education Center by mid-August and generate electricity for the Lied Education Center. The four wind turbines are less predictable as the scheduled for shipment continues to slip. The wind turbines will be located southwest of the Lied Education Center in the lawn and when completed will generate electricity used in the Lied Education Center. The photovoltaic film on the roof of the KFC is generating electricity used in the building. All of this can be seen on a developing website. OPPD has been very helpful and supportive of this project.
- 2) The sophomore housing project is progressing through design. Contractors are competing for the job and a contractor should be selected in August. The work on the building will start in February or March of 2011. The new hall will be built in the northern portion of the parking lot north of McGloin and west of the baseball field. The schematic design has a floor plan with about 410 beds. The rooms will be suite style like those in McGloin and Swanson with a strong emphasis on lounges and other community building spaces.

Jessica Heller has helped get Creighton recognized as a good steward of trees by the Nebraska Arboretum Society. This is the first step to being acclaimed an arboretum. The trees on campus are varied and well cared for. The campus will make a great arboretum as more diverse trees are planted and tours and educational opportunities are planned. The campus is well on the way to becoming an outdoor classroom for the botanists.

There is a lot going on with changes and new projects. Of significance is the switch to the new work management system as Facility Focus goes away and AiM is the replacement. Maria Jerrell and Lindsay Lewis are doing the lion's share of testing and development of the new program you can expect to be trained on the system in September as the "go-live" date approaches. The software program for AiM is not new but shifting as much information to it from Facility Focus and linking the information to the University's financial software, Banner, is no small task that Maria wants well done during testing so the "go live" time is very transparent.

I hope these notes find you well and ready for a great school year. The time will be very focused on being a good ambassador and going the extra mile to conserve energy. I know you are up to challenge and you will welcome the students and faculty back to campus. Through it all, work safe because you are needed at work and loved at home.

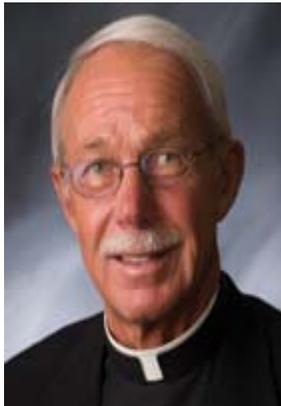
Lennis



Sustainability Tip: Changing our residence hall and other campus sink aerators from 2.2 gal per minute to 1.5 with 10 minutes of running time a day will save the University 6,000,000 gallons of water per year. Small changes can make a big difference

Father Schlegel Announces Retirement as President

The Rev. John P. Schlegel, S. J., has announced his intention to retire as president of Creighton University as of July 2011. Fr. Schlegel, who said he had discussed his possible retirement at length with William Fitzgerald, University Board chair, said both he and the University had reached an “appropriate point at which to turn the page to the next chapter.”



Under Fr. Schlegel’s leadership since being named the University’s 23rd president in July 2000, Creighton has raised its national academic standing and expanded its interdisciplinary program offerings, concluded the most successful philanthropic effort in its history, and undertaken a Campus Master Plan that has transformed the University’s living and learning environment while complementing Omaha’s downtown renaissance and urban renewal.

“I told the Board in 1999 that my personal commitment was to serve seven years. I am beginning my eleventh year,” Fr. Schlegel said. “We have achieved a great deal together as a University community over the past 10 years. Given the rapid pace of change in higher education and in the world, it is a good time for a new generation to write the next chapter of Creighton’s history. Now is the right time for me to look beyond my Creighton years and to pursue other transformative opportunities in the Jesuit, Catholic tradition and heritage.”

William Fitzgerald, chairman of the Creighton Board of Directors, said: “Father Schlegel envisioned and implemented the ‘willed future’ for our University, providing essential and forceful direction for the start of the new century. We are grateful for his guidance and celebrate his leadership toward what Creighton has achieved, and what we will continue to achieve.”

Fitzgerald will lead the successor search, details of which will be announced later this month.

In announcing his plans, Fr. Schlegel recalled a theme he cited at his inaugural in 2000, when he quoted philosopher Josiah Royce: “A true community has three aspects: the community that exists through the memory of the founding ideals lived in the present; the community of the present; and the community as it exists in the hopes for the future.”

“The past 10 years have been all about magis,” he said, citing the Latin term referring to the Jesuit philosophy of “doing more” for Christ and for others. “Today, Creighton is teaching more people, generating more new knowledge, and having more positive social and economic impact locally, regionally, nationally and internationally.

“That is not just my doing. We who are here today have built on a foundation set by those who came before, and that mission will be taken up by those who follow. I consider myself blessed to have had the opportunity to serve the Creighton community.”

Prior to his arrival at Creighton, Fr. Schlegel served 10 years as president of the University of San Francisco, another Jesuit institution. Before that, he was Creighton’s assistant academic vice president (1978-82), academic dean of Rockhurst College (1982-84), dean of arts and sciences at Marquette University (1984-88), and executive and academic vice president at John Carroll University (1988-1991).

Become a Wellness Champion



In order to achieve Creighton's goal to be a healthier campus, WE NEED YOU!

WHY? Very few of us are able to maintain a healthy lifestyle 100% of the time. We often find ourselves sliding toward those habits that are not in our best health interests. With the increasing demands at the workplace as well as in our personal lives, maintaining a healthy lifestyle has become a challenge.

WHAT? Too often, making time during each day to improve your personal well-being is diminished or eliminated altogether. We want to give you an opportunity to do some things differently, to do something for yourself and your fellow co-workers at the same time. We are looking for volunteers to be wellness champions.

As a Wellness Champion, you will have the opportunity to serve as an ambassador for the Employee Wellness Program via the following opportunities:

- ❖ Share your enthusiasm about good health.
- ❖ Encourage others to get healthy and participate in wellness programs.
- ❖ Be a role model for your co-workers and peers.
- ❖ Communicate important information with your workgroup about wellness.
- ❖ Be a part of an enthusiastic, motivated group of Creighton employees.

WHEN? Serving as a Wellness Champion will not take a lot of extra time during the day. This role is essential, however, to the success of the overall wellness program. We anticipate a couple of meetings annually and periodic emails to keep you informed of upcoming programs and solicit your assistance.

HOW? We are hoping to find possible representatives from your department and/or work group. If you are looking for a unique opportunity to help yourself and others to improve health and well-being, please click on this link and sign up now!

<http://www.surveymonkey.com/s/2B5R2LR>

Wellness Champions



Wellness
Champions

Purpose: To actively promote wellness programs and services to employees in their building, department and/or general location. These individuals will be provided training on how to act as a motivator and/or mentor to others about the wellness program.

Role: To be personally involved in healthy lifestyles with a strong desire to help others in the Creighton Community adopt a healthy lifestyle.

- Determine management/staff/departmental meetings that a 5 minute for Wellness message could be delivered either by the Champion or the Wellness Coordinator.
- Determine mediums for better delivery of information internally within the building/department.
- Orient managers to health promotion resources available and their role in supporting health promotion activities.
- Participate and fully understand SimplyWell.

Frequency of Meetings: 3 meetings to discuss upcoming wellness programming (Spring, Summer, Fall), periodic emails and/or telephonic conference calls.

Term: Voluntary, with a two year commitment required.



AiM IS COMING ~ **Maria Jerrell**

The upgrade/replacement to the work management program, Facility Focus, is on its way. The new program, called AiM, is web based and will need only a single sign on, not two as with Facility Focus. The screens should be easier to follow for most users. Searches and filters can be created and saved to suit your needs. You will be able to log in from any computer that has internet access.

Lindsay, Fran and Maria are busy with writing the user guides and cheat sheets for every screen. These must be tailored to match our needs as the program is customized to fit our processes. The software is new and not all documentation has been completed by the vendor. There were initially some bugs in the first release so we had to delay going live until these were fixed. This has now happened so we can progress with testing and learning the system.

We are scheduled to go live October 4. Training will be scheduled for the later part of September. Everyone will have the opportunity to have a second lesson, or more if needed, although most people will do well using the cheat sheets. Please look for messages on your training schedule as September draws near.

If you are anxious to see the program early, see Lindsay or Maria and we can get you logged on to the test database to play and learn.



Creighton Becomes a Nebraska Statewide Arboretum Affiliate Site and Applies for 100 Free Trees

Jessica Heller

Creighton University was recently designated a Landscape Steward Affiliate Site of the Nebraska Statewide Arboretum. The Landscape Steward Affiliate Site Program was created to recognize public landscapes that demonstrate an ongoing commitment to excellence in design, plant diversity, and maintenance and to form an ongoing partnership with managers and caregivers of those landscapes. Other Landscape Steward sites in Omaha include Chalco Hills Arboretum, Forest Lawn Cemetery, and the Swanson Science Park Arboretum. The Nebraska Statewide Arboretum, begun in the 1970's with the goal of creating a network of arboretums in Nebraska, is both a non-profit horticultural organization and a program of the [Nebraska Forest Service](#), part of the [University of Nebraska's Institute of Agriculture and Natural Resources](#).

Creighton University has applied to be a recipient of 100 trees as part of a Tree Campus USA Tree Planting Event. If Creighton is selected, the trees will be planted along Wareham Parkway in fall 2010 or spring 2011. The event is designed as a service learning opportunity and requires a minimum of 40 student volunteers to help with planting. Tree Campus USA, a program of the Arbor Day Foundation, recognizes college and university campuses that effectively manage their campus trees, develop connectivity with the community beyond campus borders, and strive to engage their student population through service learning opportunities centered on campus.



Announcing New Arrivals ~

♥ Congregations to **Yesenia Starks** and her husband, on the birth of a baby girl, Abigail Diane born May 4, weighing 8 lbs.4 oz. Yesenia is a custodian in Creighton Hall.

♥ Yesenia Inez Gladfelter Hernandez was born on May 11, 2010 weighing 9lbs. 7 oz. New mom, **Felicia Gladfelter**, is a custodian in the Harper Center.

♥ **Mary**, Gintaras, and big brother Jonas welcomed Leo Kazimieras **Duda** into their family on July 2, 2010. Leo weighed 9lbs. 9 oz and was 21” long. Mary works in Environmental Health and Safety.



Self Care Note:

Use over the counter (OTC) pain relievers wisely. To lower the risk of side effects, avoid drinking alcohol and using multiple medicines at the same time. Consult your provider before using OTC pain relievers if you are pregnant or have high blood pressure, diabetes, liver or kidney problems, or ulcers. Tell your provider if your pain persists or you frequently use drugs for pain.

New Employee Development Program

Interested in how Philanthropy at Creighton works to provide funding and support for the University? A new session titled Philanthropy at Creighton—New Decade, New Opportunities, New Resolve will be held on August 10. To attend this class presented by Laura Simic log onto the HR Website. More classes on Career Planning at Creighton, the Jesuit mission for CU, and the Business of the University—Organizational Structure will be coming soon.

Sustainability at Creighton

Mary Duda

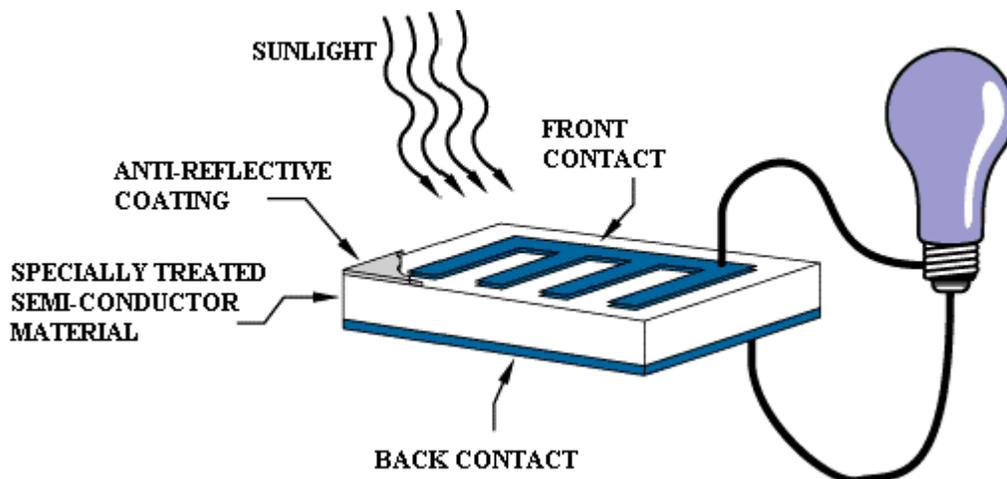


Solar panels on campus

You've probably seen the solar panels being installed in the parking lot on Burt Street or the ones already on the roof of the KFC. When completed, these panels will be the largest solar array in Nebraska. But do you know how they work? Here's a brief explanation.

The solar panels are composed of photovoltaic (PV) cells, which are made of semiconductors such as silicon. The cells convert the sunlight directly into electricity. According to *How Stuff Works*, "when light strikes the cell, a certain portion of it is absorbed within the semiconductor material. This means that the energy of the absorbed light is transferred to the semiconductor. The energy knocks electrons loose, allowing them to flow freely." These freed electrons then travel together in a certain direction (current). The current can then be drawn out by placing metal contacts on the top and bottom of the PV cells. The electricity that is generated is direct current (DC), so an inverter is necessary to convert it to alternating current (AC), the form that is supplied by the utilities and used by appliances, computers, and other devices that run on electricity.

For a more in-depth explanation, please see <http://www.howstuffworks.com/solar-cell.htm>



(Illustration courtesy of NASA: <http://science.nasa.gov/science-news/science-at-nasa/2002/solarcells/>)



Protect yourself – Out & About

Most people don't think twice about being careful when they're out at night. But do you have a tendency to let down your guard during daylight hours, or when close to home? Day or night, remember these simple precautions to reduce your risk of getting mugged, robbed, or worse.

The first step in self-defense: Be alert.

On Foot:

- Know your surroundings.
- Stay watchful of potential trouble – don't let your cell phone or ear buds distract you.
- Carry your cell phone (make sure it is charged!) for use in an emergency.
- Avoid alleys, empty parks, parking garages and lots – stay in well-lit, populated areas.
- If you see a threatening situation, enter a nearby store or other public place.
- Be wary and keep your distance from people who try to approach you, even if they are just asking for directions or the time.
- Avoid carrying a lot of stuff if it slows you down and makes you appear vulnerable. TIP: Wear shoes and clothing that allow easy movement.
- If a driver follows you or tries to get your attention, walk away in the opposite direction.

On the Road:

- Keep your car locked at all times, everywhere.
- Do not leave any possessions visible in your car. TIP: Thieves often scout store parking lots.
- Don't approach your car if you see someone looking at it or trying to break in. Wait, watch or get help.
- Get your car keys out before you leave a building.
- If you are followed, drive to a public place, such as a gas station, and honk the horn.

On Public Transit:

- Stay aware – avoid sleeping. If you use electronic devices, stay watchful of activity around you.
- Keep all your possessions on your lap where you can see them.
- Follow a transit schedule that reduces wait times at stops.

Best advice:

If someone demands your money or other property, don't resist. Never assume they are pretending to have a weapon if they don't display one. If you are attacked, yell or scream to get attention.

Personal Best Healthlines
October 2008



News from Planning and Design

Fran Angeroth

Success is the sum of small efforts, repeated day in and day out. - Robert Collier

Current projects, requests for quotes/proposals and other work in our department are as follows.

- Electronic Health Records (EHR) project is in full swing with work taking place installing new low voltage cabling at Eagle Run, Florence, John Galt, Twin Creek and Arbor clinics for a late summer or early fall "go live" date.
- Becker Hall major electrical upgrade had to be delayed and is now scheduled to take place July 28 through August 7th.
- Becker Hall has had a new large scale dishwasher installed.
- Boyne 320 has been undergoing a face lift and is nearing completion.
- Campus – look for more demolition around 1920 Cuming Street.
- Criss Building School of Medicine Expansion – work is taking place in several locations to meet the commitment to expand the class size. Working is going on currently on the fourth and fifth floors. Completion of all ten projects is required by August 1, 2010 to meet the new expanded class size.
- DoIT is spear heading a two year project with FM assistance to replace the west campus phone switch. Low voltage cabling, equipment placement and redundant feeds have been in progress at Cardiac Care Center and CUMC. The Cardiac Care Center is to go "live" later in August with their new infrastructure and VoIP systems.
- Kenefick Hall – has been active creating a DoIT closet and installing wireless access points throughout the building. Work is nearing completion on this building.
- Kiewit Fitness Center – renovation of the 2nd floor restrooms to meet ADA is 99% complete.
- McGloin Hall – adding additional wireless access points began in early July and is on a fast time line. The goal is to be completed before fall semester starts.
- Law School Werner Institute expansion – work is scheduled to begin mid-July to expand the size of the institute to include three more offices and another meeting space. The goal is to be completed before school starts – maybe a really close race.
- Reinert Alumni Library room 108 is under construction to become 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:

- Upgrading the campus security camera system to modern technology. Went out for bid and are awaiting the return of the proposals.
- Asian World Center garden between Kiewit and Becker
- Boyne renovations in 306 and 324
- Brandeis Hall – first floor refresh for new occupants



Dan Josoff retired on June 18th after 19 years with Facilities Management.

A reception was held on Thursday, June 17, in the Cardiac Center Auditorium. Thanks to those who stopped by and wished him well.



Saving Energy:
Dave McAtee

Facilities Management is busy trying to conserve energy resources. With the cost of utilities on the rise it's important to develop common practices. Here are some things you can do to help:

- Keep all windows closed.
- Keep adjustable thermostats at University settings.
- Turn off lights and electrical appliances when not in use.
- Consolidate individual refrigerators and coffee pots.
- No not use space heaters.

One of our goals is to evaluate and check for air leaks into and/or out of buildings. Buildings with air leaks are a huge energy cost. The Carpenter Shop will be working on making the building envelope tighter by means of sealing the exterior of the building to include doors, roof hatch, windows, adding window coverings, adding more insulation, repairing soffit cracks and penetrations. They will also be gathering vital information for future projects and developing an inventory. Any help informing us of problems is most appreciated. Please send potential energy problems or energy saving ideas to me.



Chris Casey is departing for overseas duty with the Iowa National Guard as part of *Operation Enduring Freedom*. Please keep Chris and his family in your thoughts and prayers during his deployment.

Thanks Chris for your sacrifice, your courage, your dedication.... and for protecting our freedom. Many prayers go with you ~

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.

Upcoming University Holiday

Labor Day

Monday, September 6



Recycling Program

Pete Maas

Creighton University is expanding its recycling program again! On Monday morning, August 9, Creighton Hall will have been converted to the single-stream recycling process. In between now and then we are doing three training sessions in the building along with the training of the custodial staff. The building will then join most of the rest of the campus in the single-stream process. The advantage of that is that many more items can be recycled and people don't have to separate them anymore. The process is much more efficient and recycles much more than just cardboard, newspaper and office paper. Watch for a much larger conversion this fall when we convert the Eppley, Reinert Alumni Library and Rigge buildings!

The Omaha Downtown Improvement District (ODID) donated fifteen recycling containers to us. They chose a different method of recycling downtown and had a surplus of recycling bins. The Paint Shop is currently painting them to match our current outdoor garbage cans. We are studying foot traffic on the mall and will place the recycling bins in the most heavily traveled locations. The Grounds crew will be helping out by emptying them as they empty the outdoor garbage cans. Thanks to all who are helping with this!

We conducted a small experiment at the U.S. vs. Sweden soccer game two weeks ago. We supplied eight newly marked recycling bins along with the garbage cans that we usually provide. The results weren't what we had hoped for but we did get some recycling! We are currently working on better signage for the cans and increasing the number available for recycling. We are also going to be bringing our recycling programs to indoor sporting venues like the Ryan Center. Stay tuned to this channel for reports on our efforts to expand and improve recycling here at Creighton!

► One last note: Suggestions are welcome on how to improve the recycling program. You can stop in my office and let me know your ideas or email me at: petermaas@creighton.edu.

Keep recycling – it really does help!

Innovative Team

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

We are currently looking at ways to market Facilities Management across the campus. Other departments often don't know what it takes to keep the university operating. By marketing to others this will help everyone better appreciate the work we do on a daily basis. We have some great ideas that we feel will help the Campus get to know us better and hope to be implementing them soon.

Please remember if you would like to become a member you can contact any of the members above.

Mark your Calendars

FUN DAY

Thursday, September 16, 2010
12:00 noon – 3:30 p.m.

New Location

Cooper Farm Picnic Grounds

► **Doors Open at 11:45 a.m.**

- ◆ Free Food
- ◆ ½ day off work
- ◆ Free Fun Day T-Shirt
- ◆ Chance to win a door prize

Cooper Farm Picnic Grounds sits on top of a hill directly behind The Omaha Home for Boys, Watson 4-H Barn, and Cooper Village. The picnic grounds are located at 8202 Mormon Bridge Road. You can visit their website at: www.omahahomeforboys.org. Detailed directions and map will be given out at a later date.

Guidelines for Fun Day at Cooper Farm Picnic Grounds:

- **Absolutely NO alcoholic beverages or TOBACCO allowed on the grounds**
- Guests are asked to confine their activities to the area within the fence. Cooper Farm is a working cattle farm with range herd.
- Guests are asked to clean up after themselves and put their trash in the dumpster following their picnic. Trash bags are provided.
- Loud music is not allowed as we endorse a “good neighbor policy”.
- No water balloons.

Environmental Health and Safety

John Baxter



We are currently working short handed as many of you know because Mary Duda is on Maternity leave. Her son Leo was born on July 2.

CU ALERT

Emergency Communication:

As most of you know the University has a system called *CU Alert* and I encourage you to sign up for this free service. If you do not have a work cell phone you can sign up for own cell phone to notify you of campus emergencies.

We are also developing protocols for emergency communications within our department. We are developing a type of calling tree that will allow us to determine if all of our staff members are safe and uninjured during a campus event. In addition we need to be able to communicate our staff needs during an event that needs a large number of people to respond. As the program is developed, we will be testing it and training all of our staff in its operations. The primary equipment we will be using is the Nextel phones. However, we are developing contingency plans for any event that causes the cell towers to go out of service. We hope to have much more on this system next month...



General Safety Issues:

As we enter the hottest time of year, those of you that work outside need to keep hydrated and make sure you know the warning signs for heat stress and stroke. If you notice signs in yourself or a coworker then you must move or move them to a cool area to rest. If the person loses consciousness, call public safety at 280-2911 immediately.

The signs of heat stoke are:

- Nausea
- Vomiting
- Fatigue
- Weakness
- Headache
- Muscle cramp & aches
- Dizziness



As we all know, school starts in about three weeks. During the move in period please be vigilant for both yourself and students and look for common slip, trip and fall hazards. If you can remove or fix the hazard then do so. If you can not, call the front desk, report it, and file a work order to have it fixed. This is a very stressful time for all of the University; please help keep the students, employees and you safe at all times!



**Sunday, September 19th, 9 am
at the Civic Auditorium**

Elite Race begins at 7:45am at 19th & Chicago

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

The 30th Annual American Lung Association Corporate Cup 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 now at
www.omahacorporatecup.org

Register with our team: "Creighton University and CUMC"
To be guaranteed a t-shirt you must register by Friday, September 3rd, so don't delay!

How to Register:

1. Go to www.omahacorporatecup.org
2. Select **Register** from the red tabs at the top of the page.
3. Choose "**Creighton University and CUMC**" from the team list.
4. Choose the appropriate fee, **\$15 for individual or \$50 for family**.
5. Read the **waiver** and click in the box to agree, then click **continue**.
6. In the next section please **fill in any boxes that are marked with an asterisk ***, plus indicate your t-shirt size and provide an email that I can use to contact you about packet pick-up.
7. **Payment via credit/debit card will be required** to complete the registration process.

Questions???

Contact:

Liz Ferguson

Creighton University and CUMC Corporate Cup Team Captain

Student Activities

280-1716

LizFerguson@creighton.edu



If these 11 things are practiced consistently...we will be a GREAT team!

1. Help each other be right - not wrong.
2. Look for ways to make new ideas work. Not for reasons they won't.
3. If in doubt - check it out! Don't make assumptions about each other.
4. Help each other win and take pride in each other's victories.
5. Speak positively about each other and your organization at every opportunity.
6. Maintain a positive mental attitude no matter what the circumstances.
7. Act with initiative and courage as if it all depends on you.
8. Do everything with enthusiasm. It's contagious!
9. Whatever you want - give it away.
10. Don't lose faith - never give up.
11. Have fun!