

F. M. News

K. S. U., Division of Facilities

Newsletter, March 2009



Unleashing your potential

Benefits of Being Positive

Over the years I've done a lot of research on the positive effects of being positive and the negative affects of being negative. The research is clear. It really does pay to be positive and the benefits include enhanced health and longevity, happiness, career advancement, athletic performance, team building and financial success. Being positive is not just a nice way to live. It's the way to live. In this spirit here are 11 benefits of being positive.

- 1. Positive People Live Longer** - In a study of nuns, those that regularly expressed positive emotions lived on average 10 years longer. (The Nun Study)
- 2. Positive work environments outperform negative work environments.** (Daniel Goleman)
- 3. Positive, optimistic sales people sell more than pessimistic sales people.** (Martin Seligman)
- 4. Positive leaders are able to make better decisions under pressure.** (Heartmath.org)
- 5. Marriages are much more likely to succeed when the couple experiences a 5 to 1 ratio of positive to negative interactions whereas when**

the ratio approaches 1 to 1, marriages are more likely to end in divorce. (John Gottman)

- 6. Positive people who regularly express positive emotions are more resilient when facing stress, challenges and adversity.** (Several Studies)
- 7. Positive people are able to maintain a broader perspective and see the big picture which helps them identify solutions whereas negative people maintain a narrower perspective and tend to focus on problems.** (Barbara Fredrickson)
- 8. Positive thoughts and emotions counter the negative effects of stress. For example, you can't be thankful and stressed at the same time.** (Several Studies)
- 9. Positive emotions such as gratitude and appreciation help athletes perform at a higher level.** (Heartmath.org)
- 10. Positive people have more friends which is a key factor of happiness and longevity.** (Robert D. Putnam)
- 11. Positive and popular leaders are more likely to garner the support of others and receive pay raises and promotions and achieve greater success in the workplace.** (Several Studies)

Jon Gordon's Weekly Newsletter.
<http://www.jongordon.com/>

Jon is the author of the following books:

The Energy Bus: *10 Rules to Fuel Your Life, Your Work and Your Team with Positive Energy;*

The No Complaining Rule: *Positive Ways to Deal with Negativity at Work;*

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Training Camp: *What the Best Do Better Than Everyone Else*

The Shark and the Goldfish: *Positive Ways to Thrive During Waves of Change*

My Piece of the Picture...



Anayansi Morel

“Nancy” has worked thirty years for Division of Facilities.

She is the supervisor of the Bluemont Custodial Crew. Nancy has eleven workers under her and they are responsible for seven buildings: Bluemont, Dickens, Justin, Biochem, King, Willard and Campus Creek Complex.

Three of the best things she likes about her job are: the diversity, the students and faculty, and the benefits.

If she could implement a “Positive Change”, it would be not only for her area, and our Division, but for all of campus... to improve work status, help others to learn better and keep a positive attitude toward work performance.

She believes her position contributes to Facilities success, because she is a good listener, patient and always open to help others.

You may not know that Nancy is from Panama. She likes to record movies. She has two sons, two daughters and 10 grandchildren. Her favorite food is Coconut Rice with Black-eyed Peas and Stewed Steak.

Thanks Nancy, for your hard work and showing the rest of us “Your Piece of the Puzzle.”



March Birthdays

March 2 David McMullen, Su Maloney, Eugene Williams, Joe Myers

March 6 Andre Murphy, Michael Price, Marvin Childs

March 8 Larry Darrow, Eric Danielson, Terry Powell

March 9 Harry Willyard, Dave Debusman, Elena Billings

March 11 Dallas Hirsch, Steven Green

March 15 Stan Ostmeyer

March 17 St. Paddy's Day



March 18 Diane Wester

March 20 Charles Kranz

March 22 Mike Salsbury, Abe Fattaey

March 24 Bill Hynek, Harry Sender

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March 27 Tim Eckstein

March 29 Susie Kohler

March 30 Chris Fleeker

Perhaps some of you may be able to identify with this cartoon.....

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"THE COMPUTER SAYS I NEED TO UPGRADE MY BRAIN TO BE COMPATIBLE WITH ITS NEW SOFTWARE."

Congratulations go out to Kelli Henderson from Work Control. She was featured in the KSU ROAR where they say she has Bragging Rights. Atta Girl, Kelli !



Check it out at: <http://www.k-state.edu/classsenate/bragg.htm>

Would you like to gain the knowledge and skills necessary to prevent, recognize, and provide basic care for injuries and sudden illnesses until advanced medical personnel



arrive and take over? Here at Facilities we offer American Red Cross SFA-CPR to any employee who would like to attend. If you are interested in attending these classes, let your supervisor know. They will contact the office of Training & Safety and get you on the list. We give classes throughout the year and you could be in one of these classes.

Who is New...



Marta Hudson was hired as a permanent Custodial Specialist. She is working for Rod Hodges over at the Ahearn Fieldhouse.

Jeanette Johnson was hired as a permanent Custodial Specialist. She is working for Beverly Price on the main campus day time Custodial crew.



John Brown's position was reallocated on February 21, 2010. His position title is now Physical Plant Supervisor Senior.

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Larry McCoy's position was reallocated on February 21, 2010. His position title is now Physical Plant Supervisor Senior.



Mary Yonning was rehired as a temporary Custodial Specialist. She is still working for Mike Stoddard on the Custodial Night Crew. (no photo available)

he came into her office and asked if there had been a problem since it was fixed. She said, she felt he cared that he did a good job and that he valued his work.

Terri writes, "Thanks Kyle for the great job you did and for your caring attitude." We recognize Kyle for going above and beyond the call of duty. Kudos to Kyle! Thanks Terri for submitting this information.

Caught in the Act of Doing Good!



What is the Difference?



Kudos to Kyle Hodges!

Kyle was called to the Power Plant to repair a water leak in the hallway. The AC dripped water through the ceiling, onto building users plus made a water mess on the floor. This drip has been troublesome for years. Others have tried to correct it only to have the problem reoccur.

Kyle got other people involved. They designed a collection pan that would catch the water and redirect it out of the building. Terri writes that she was very impressed with Kyle because a few months later when he was in the area working on another problem, during his break,



Fluorescent light bulbs (including compact fluorescents - CFL) are more energy-efficient than regular bulbs because of the different method they use to produce light. Regular bulbs (also known as incandescent bulbs) create light by heating a filament inside the bulb; the heat makes the filament white-hot, producing the light that you see. A lot of the energy used to create the heat that lights an incandescent bulb is wasted. A fluorescent bulb, on the other hand, contains a gas that produces invisible ultraviolet light (UV) when the gas is excited by electricity. The UV light hits the white coating inside the fluorescent bulb and the coating changes it into light you can see. Because fluorescent bulbs don't use heat to create light, they are far more energy-efficient than regular incandescent bulbs.

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Fluorescent bulbs are far more energy-efficient — in fact, 4-6 times more efficient. This means that you can buy a 15-watt compact fluorescent bulb that produces the same amount of light as a 60-watt regular incandescent bulb.

Compact fluorescent light bulbs work best if they are left on for over 15 minutes each time they are turned on. These types of lamps can take up to 3 minutes to warm-up. Warm-up will probably not be noticeable from a user stand point, but the lamp needs to warm-up in order to reach the point of most efficient operation. Frequently switching them on and off will shorten the life of the product. If the life of the lamp is shortened significantly, you will not reap the financial benefits (includes energy & life of lamp), that are common to CFL lamps.

CFLs, when compared with standard incandescent bulbs, offer many benefits. First, they help save energy and money. They use 2/3 less energy than standard incandescent light bulbs, and last up to 10 times longer. Replacing a 60-watt incandescent with a 13-watt CFL can save you at least \$30 in energy costs over the life of the bulb. Second, CFLs offer convenience, because they last longer, and come in different sizes and shapes to fit almost any fixture. In addition, CFLs produce about 70% less heat than standard incandescent bulbs, so they're safer to operate and can help cut energy costs associated with home cooling. When shopping, always look for **ENERGY STAR®** qualified CFLs.

CFLs contain a very small amount of mercury sealed within the glass tubing - an average of 5 milligrams (roughly equivalent to the tip of a ball-point pen). Mercury is an essential, irreplaceable element in CFLs and is what

allows the bulb to be an efficient light source. By comparison, older home thermometers contain 500 milligrams of mercury and many manual thermostats contain up to 3000 milligrams. It would take between 100 and 600 CFLs to equal those amounts.

There is currently no substitute for mercury in CFLs; however, manufacturers have taken significant steps to reduce mercury used in their fluorescent lighting products over the past decade.

Like paint, batteries, thermostats, and other hazardous household items, CFLs should be disposed of properly. Do not throw CFLs away in your household garbage if better disposal options exist. (Information for article from GE Lighting)

KSU Public Safety does accept household hazardous wastes (HHW), including light bulbs. You can drop items off at Edwards Hall. There is no charge, but **they suggest you call 532-5856 to ensure someone will be available to accept the waste** and inform you of the drop-off location. The Riley County facility also accepts HHW.

We have two ways to honor our workers!

One is “Face of Facilities, Your Piece of the Picture.” We are asking that you keep these on a positive note. Fill out a form today.

Two: If you experience a Facilities employee who is doing their job above and beyond the call of duty, or does random acts of kindness or goes out of their way to help you or others, we want to know. We accept from both staff and building users. Forms for both are at: http://www.ksu.edu/facilities/for_ms/index.html