

# F. M. News

K. S. U., Division of Facilities

Newsletter, November 2010



Unleashing your potential

## No Energy Vampires Allowed

By Jon Gordon

I'll never forget the time I called my father from the restaurant I owned to tell him that I found my calling and was going to pursue a career as an author and speaker. His response was less than enthusiastic. "What the he\_\_ are you going to do that for," he said. "That will never amount to anything. It's a load of junk. Just focus on your restaurant." I hung up the phone and thought two simple words "Thanks Dad."

Believe it or not, I didn't get angry at him for saying this. I knew he was just one of many negative people; I call Energy Vampires that I would have to face on my journey through life. Unfortunately energy vampires don't just exist in our families but they also lurk in our businesses, social organizations, churches and neighborhoods. They are real. They are everywhere. And they will suck the life out of our goals, dreams and plans for success if we let them.

If you're like most people, it has happened to you. You were talking to someone and before you knew it, they drained the life right out of you. You looked for fang marks on your neck but they were nowhere to be found. Then you realized Energy Vampires don't have fangs.

They have other means to suck your energy. Here are a few:

**Negative comments** - "Did I tell you how much I hate my life and work? Did I tell you what so and so did to me? Did I tell you why nothing goes right?"

**Dream snatching** - "You can't do that. You'll never succeed at that. Are you living in fantasy land? You should do this instead."

**Shrinking devices** - "What is wrong with you? Can you do anything right? Why did we hire you anyway?"

**Team Destruction** - "We'll never make it. It's Joe's fault. Everyone is clueless."

In other situations the words may be less harsh but the result ends up being the same. Once an Energy Vampire starts sucking the air out of your tires it's difficult to move. Don't let this happen. Realize that life is like an energy bus and the people you surround yourself with on your ride through life have a huge impact on how far you will go. Create a positive and successful ride by following these simple rules for the road that will take you to the places you want to go.

- Post a sign that says, **[NO ENERGY VAMPIRES ALLOWED](http://www.jongordon.com/documents/Poster-NoEnergyVampires.pdf)** (<http://www.jongordon.com/documents/Poster-NoEnergyVampires.pdf>). Pete Carroll, football coach of USC says he doesn't allow negative energy in his locker room and you shouldn't allow negative people on your bus.
- Realize that some people are going to get on your bus and some people won't.

That's ok. The people that get on were supposed to get on. The people that don't were probably meant to get on another bus or perhaps they would have ruined your ride. Don't take it personal. Just keep on driving with your vision focused on the road ahead. If you waste your energy thinking about the people who didn't get on your bus that means you'll have less fuel to pick up the people who want to get on.

- As you drive just keep picking up people along the way who want to get on your bus. Eventually you'll have a filled -standing room only- bus with great energy.
- Drive at your own speed and don't compare your success to other buses.
- During your ride, you will have many people get on and many get off. Don't take it personal. The people who get off may have to get on another bus. Or perhaps they will make room for someone special who is supposed to get on.
- Have fun and enjoy the Ride. You only have one ride through life so you might as well enjoy it. The goal in life is to live young, have fun and arrive at your final destination as late as possible with a smile on your face.

A few years later after that “not so positive” discussion with my Dad he called me up on my cell phone. I had just finished my first appearance on the NBC Today Show and he excitedly said, “Your mother and I just watched you and your book really made a difference in those people’s lives. We’re proud of you. We always knew you could do it.” When we hung up I just laughed. He didn’t even remember being an energy vampire. What

changed I wondered. What made the difference? And then it hit me. We’re all driving our bus. We have the best seat and the best vision for the road ahead. Not everyone will see what we see. They are limited by their own vision, doubts and fears. They think that dreams were meant for others but not for people like you and me. But we know better and in our knowing we understand that every driver will be tested on their journey. Every driver will encounter negativity, naysayers, roadblocks, flat tires, fear and self doubt. No one goes through life untested but the answer to these tests is positive energy. And the ultimate rule for the road is that our vision, positive energy and certainty must be greater than anyone’s negativity, fear and doubt. Positive energy consisting of vision, optimism, trust, enthusiasm, purpose and spirit makes the difference. When we fuel our life, work and team with positive energy we will surely enjoy the ride of our lives....and keep the Energy Vampires off the bus or even better convert them to positive passengers!

**Jon Gordon** is a leading authority on developing positive, engaged people, leaders, businesses, schools and teams and the author of several books including the international best seller *The Energy Bus: 10 Rules to Fuel your Life, Work and Team with Positive Energy*. Jon’s proven solutions are being put to use by thousands of executives and organizations including the PGA Tour and he has been featured in hundreds of television shows, magazines and newspapers around the world including CNN’s American Morning, NBC’s Today Show, Men’s Health, Forbes, and Positive Thinking.

To get your company on *The Energy Bus* visit [www.TheEnergyBus.com](http://www.TheEnergyBus.com)

"People often say that motivation doesn't last. Well, neither does bathing - that's why we do it daily" ~ Zig Ziglar

## *Kudos Galore*

Kris Fulkerson, Sarah Davis and Lynn Salsbury were caught in the act of doing good. The Justin Hall



expansion groundbreaking ceremony was October 8, 2010. They wanted 14 gold shovels for the ceremony; therefore we needed 14 purple bows. Due to my distorted sense of time lately, I told Sarah we had a couple of weeks to get the bows...when we only had a week. I realized my mistake on October 7th. She heard my SOS and immediately went into problem solving mode. Due to another groundbreaking a week earlier, Kris had proactively ordered purple ribbon and had suggested that someone from the Storeroom learn how to make the bows which would save us \$4.00 each. BUT they thought they had another week to learn how! Sarah approached Lynn Salsbury, who has a talent for making bows, about teaching their student. Long story short, by 3:00 p.m. I had all 14 bows. They were beautiful and looked great on the shovels. These three individuals demonstrated proactiveness, initiative, creativity and a true team spirit. I want to publicly voice my sincere appreciation for their efforts by saying "You are AWESOME!" Loleta Sump

## *Way to Go Central Mail!!!*

Alice Trussell works here on Campus. She recently wrote a letter to the editor of a local newspaper lamenting the long lines and

service. She wrote high praises about Facilities Central Mail Post Office. When contacted for her permission to reprint part of her letter, she overwhelmingly gave her approval, stating, "I love that place; it is close to where I work and they are so kind and helpful."



Elena Billings and student Emily Lawson

*Alice writes, "I work on campus, so getting to the main post office during the week is extremely inconvenient. I have discovered the wonderful service of the Dykstra post office, so the vast majority of the time I mail packages to service members there because its staff members are so convenient and accommodating. I also don't have to worry about finding parking. Dykstra P. O. folks you rock."*

*Kudos to Elena Billings and the contract post office crew for the great job you do! We are so proud of you!*

## *All University Campaign*

There are only a few more weeks to contribute to the All University Campaign and to be entered into the drawing for a day off with pay to be determined by the winning employee and his or her supervisor. So far we are up 1% over last years giving in participation. Last year 34 Facilities employees gave to the campaign and so far this year 36 Facilities employees have

given to the campaign. To those that have already given I want to say "Thank you for participating!" To those that have not given, I would like to encourage you to support our great institution of higher learning and "Thank you for your consideration in giving to the campaign".

Sincerely, Terri Wyrick  
All University Campaign Co-Chair



## NOVEMBER BIRTHDAYS

11-1 Allen Wege

11-3 Tong Stanley

11-4 Linda Asbury, Mark  
Fronce, Bruce Serrault

11-6 Dave Gronquist, Kathy Reed

11-9 Michael Mathews, Jim Harford

11-10 Jane Mitchell

11-14 Josh Quick

11-15 Shane McCune, Steve Bishop

11-16 Charlotte Morgan

11-17 Roy Jones, Dan McGee

11-18 Monty Cox

11-19 John Silva

11-21 Jeff Brewster

11-23 Arlyss Wendland

11-24 John Hoyle

11-25 *Thanksgiving*

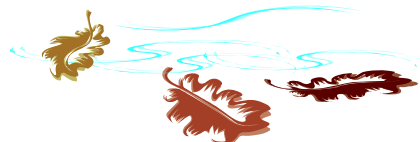


11-26 Roger McCormick

11-27 Kelly Graves

11-28 Zac Wamsher, Michael Lovgren

11-30 Mary Walgrave, Ed Rice



**On Sunday, November 7, 2010 at 2 a.m.,  
Daylight Saving Time ends. We move our  
clocks back one hour and "gain" an extra  
hour.**

### **Deer - Vehicle Collisions on the increase!**

Using its claims data, State Farm®, the nation's leading auto insurer estimates 2.4 million collisions between deer and vehicles occurred in the U.S. during the two-year period between July 1, 2007 and June 30, 2009 (100,000 per month). That's 18.3 percent more than five years earlier. To put it another way, one of these unfortunate encounters occurs every 26 seconds (although they are much more likely during the last three months of the year and in the early evening). Among the 35 states where at least 7,000 deer-vehicle collisions occur per year, New Jersey and Nebraska have posted the largest increases, 54 percent. Kansas is next at 41 percent.

These collisions are more frequent during the deer migration and mating season in October, November and December.

***November 17<sup>th</sup> is referred to as "Deer D Day" in Kansas as it is the peak of rut season and***

***the most vehicle-deer collisions happen on this day.***

State Farm gives these tips on how to reduce the chances of a deer-vehicle collision involving your vehicle.

- \* Be aware of posted deer crossing signs. These are placed in active deer crossing areas.*
- \* Remember that deer are most active between 6 and 9 p.m.*
- \* Use high beam headlamps as much as possible at night to illuminate the areas from which deer will enter roadways.*
- \* Keep in mind that deer generally travel in herds - if you see one, there is a strong possibility others are nearby.*
- \* Do not rely on car-mounted deer whistles.*
- \* If a deer collision seems inevitable, attempting to swerve out of the way could cause you to lose control of your vehicle or place you in the path of an oncoming vehicle.*

**If you're not using your smile, you're like a man with a million dollars in the bank and no checkbook** ~Les Giblin

## *Who is New...*

October 3, 2010:

Kelli Henderson's position was reallocated to an Accountant I. She is still working for Dale Rivett in the Work Control section of Building Maintenance.



October 18, 2010:

Burt Pearson was again hired as a Custodial Specialist. He is now working for Rod Hodges.

Matthew Smith was transferred from his position in the HVAC Shop as a Physical Plant Supervisor to a Program Consultant I. He is working for Casey Lauer, the Director of Energy and Environment.



Sang Yu Yi retired from Vet Med Custodial Services on October 15, 2010. Pictured above is Dr. M.M. Chengappa recognizing Mr. Yi for his services.

Below: Dr. Chengappa also recognizes Henry Sunnenberg. Henry retired October 29, 2010 from Vet Med Custodial Services.



## Also retiring:

October 15, 2010  
Loren Gray  
retired from  
Custodial  
Services night  
crew.



October 29, 2010

Howard Clark retired  
from Custodial  
Services.



*My  
Piece of the  
Picture...*



Lynn Salsbury has worked for the State of Kansas for 22 years. She has worked in Facilities Training & Safety for 12 years.

Every employee meets Lynn shortly after they hire on, as she takes their picture and makes their ID. She teaches safety classes, tracks employee training, certifications for compliance, writes the FM News, and numerous other tasks.

Three of the best things about her job are the people she works with, helping others become successful in their areas, and knowing that what she does may enrich other employee's lives and perhaps even save their lives.

If Lynn could implement a "Positive Change" in our organization, she would personally let every Facilities employee know how valuable they are to this organization. Too many Facilities employees work hard at their jobs with little rewards or recognition. Every employee has value and every employee has purpose to our organization, no matter their title or position.

Lynn believes the success of our organization and the success of this Campus is not due just to one person's position, but to all the quiet employees who work day in and day out doing the little things that makes us great as a whole.

Many people may not know that Lynn is a licensed cosmetologist, and that she had worked in the floral industry / green house for a lot of years. She loves mysteries and enjoys history, especially doing family genealogy.



### **Act now to save money during the winter heating season**

To enjoy a warm, safe home this winter, use pleasant weather to cold-proof doors and windows.

According to the U.S. Department of Energy, 31% of the average energy bill goes to warming a home in the winter. That is the biggest slice of your utility bill, and there some things you can do to keep some of that in your pocket.

An important first step is to determine where energy is being lost in your home, and how much might be saved with good energy efficiency practices. To do that, consider making an energy efficiency audit of your home. Your electricity provider can probably

help you with this, and energystar.gov has a do-it-yourself audit.

A furnace obstructed by dirty air filters will use more energy to put less warm air into your home, so mark your calendar to clean or replace your furnace air filters monthly. Since warm air rises, reverse your ceiling fans to pull warm air from the top of a room and circulate it where its comfort can be enjoyed. A third significant step to a more comfortable home is use the summer and fall to caulk your windows and install weather stripping around doors. Sealing your home from drafts and reducing air infiltration can increase your energy efficiency by 45%.

Once you have a good start on improving your winter comfort level, consider adjustments to the thermostats on your furnace and water heater. Most conventional water heaters are set to 140 degrees Fahrenheit. Lowering the temperature by 20 degrees would reduce your water heating costs by 6% to 10%. And watch the thermostat on your furnace. For every degree you lower the thermostat during heating season, you'll save between 1 and 3% of your heating bill.

Also mark your checklist to:

- **Check to see if your hot water pipes are warm to the touch.** If so, they are good candidates for insulation. You can get pre-slit pipe foam at most hardware stores. Cut it to size and fasten in place with duct tape.
- **Humidify the normally dry inside your house.** Dry air typically requires a higher temperature for people to be comfortable than a humid environment. You can help combat dry air with water vapors from bathing and cooking because they help humidify the home. Use exhaust fans sparingly in the winter to keep as much heat as possible inside your house.
- **Saving money is great, but nothing is more important than your family's**

**safety**, particularly if you have a gas or oil furnace or other open flame heating device. The Consumer Products Safety Commission (CPSC) reports that approximately 200 people per year are killed by accidental carbon monoxide poisoning. Known as the "Silent Killer", carbon monoxide is a tasteless, odorless, colorless toxic gas that is a by-product of combustion.

Here are some steps to make your home safe this winter:

- **Make sure your fuel-burning appliances** - oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces and wood stoves - are installed and working according to manufacturers' instructions and local building codes.
- **Have all of your fuel-burning appliances inspected and cleaned** by a professional at the beginning of every heating season, and never use ovens and gas ranges to heat your home.
- **Make sure your furnace has an adequate intake of outside air**, and ensure that flues and chimneys are connected, unclogged and in good working condition. Also, choose appliances that vent fumes to the outside whenever possible.
- **Use the proper fuel and keep doors to the rest of the house open when using gas or kerosene space heaters.** Crack a window to ensure enough air for ventilation and proper burning of fuel. Never sleep in an enclosed space with gas or kerosene space heaters.

*-Taken from Kansas Country Living*



**Don't forget to vote on  
November 2, 2010!**