

# F. M. News

K. S. U., Division of Facilities

Newsletter, January 2013



Unleashing your potential



## 2013, the end of one year and the start of another.

One ponders thoughts of what this means for each of us. A year older, a year closer to retirement or graduation, or perhaps a completed project, could be some of the thoughts going through our minds. Others might think of changes the New Year will bring and some think of New Year's resolutions to set and others maybe to break.

Perhaps the thoughts and quotes of others may inspire us for all that the New Year may bring.

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man. - Benjamin Franklin

Making resolutions is a cleansing ritual of self-assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle. - Eric Zorn

Many years ago I resolved never to bother with New Year's resolutions, and I've stuck with it ever since. - Dave Beard

Tomorrow, is the first blank page of a 365 page book. Write a good one. - Brad Paisley

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. - Edith Lovejoy Pierce

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. - Bill Vaughn

People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas. - Author Unknown

The difference between school and life?  
In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson. -Tom Bodett

Relationships end because people stop putting in the same effort to keep you as they did to get you. - Author Unknown

People will hate you, rate you, shake you, and break you, but how strong you stand is what makes you. - Author Unknown

I don't forgive people because I'm weak; I forgive them because I'm strong enough to understand that people make mistakes. - Author Unknown

Never be ashamed of the scars that life has left you with. A scar means the hurt is over, the wound is closed, you endured the pain and God has healed you. - Author Unknown

Laugh when you can. Apologize when you should, and let go of what you can't change. A good life is when you assume nothing, do more, need less, smile often, dream big, laugh a

lot and realize how blessed you are. - Author Unknown

And as the New Year comes, remember the words of Dr. Seuss, "Why fit in when you were born to Stand Out!"

**Wishing you all the best for the New Year!**

## *Who is New...*

December 3, 2012



James Breeding was hired as a temporary Utility Worker. He is working for William Spiegel in Custodial Services Recycling.

Ralph Ritchie was promoted to an Electronic Technician Senior. He is working for John Brown in the HVAC Shop.



December 10, 2012



Melissa Mansfield-Huddleston was hired as an Engineering Technician. She is working for Jack Carlson in Campus Planning.

December 23, 2012



Travis Homeier was promoted to a Physical Plant Supervisor. He is working for John Brown in the HVAC Shop.

Janis Galitzer, Assistant to the Director, at the Johnson Basic Cancer Research Center had high praise for workers after our first snow of the season.



*"We REALLY appreciate the great job the guys did clearing our snow this am!"*

*Also, Delmer takes such great care of our courtyard all year round. I greatly appreciate his concern for putting our best foot forward. We have many guests - including donors - so when we look beautiful - they notice!*

*Please extend our appreciation to your folks! Best wish for a great holiday season"*

Thanks Jan for your kind words.

*"The birds are gone, The ground is white,  
The winds are wild, They chill and bite;  
The ground is thick with slush and sleet,  
And I barely feel my feet."*

*- Winter Poems*

# JANUARY



## Birthdays

- 1-1 Victoria L'Ecuyer
- 1-3 Barbara Larson
- 1-4 Terri Wyrick, Darrell Betzner
- 1-5 Sheila Brown, Don Engelken
- 1-6 Bill Spiegel
- 1-9 Jerry Bohnenblust
- 1-11 Kathy Henry
- 1-12 Janet Weeks
- 1-16 Evelyn Negron, Jason Griffiths
- 1-17 Bryson Wheeler
- 1-19 David Bammes
- 1-21 Timothy McDaniel, Stephen Anderson
- 1-23 Jack Carlson, Jason Simmonds, Joseph Windisch
- 1-25 Travis Homeier
- 1-27 Burt Pearson, John Woods
- 1-29 John Hewitt
- 1-30 Kenneth Mullin, Roy Joosten

Again this year Sun Johnson, Custodian from Vet Med, blessed our office and many other offices with her talented balloon designs. Sun enjoys bringing joy into people's lives and this is her way of saying Merry Christmas to many.



**A special  
thanks to  
Sun for  
sharing her  
talent with  
us.**

### *My Piece of the Picture...*

Daniel Bostrom is fairly new to Facilites. He started working here in August for Dale Boggs in Building Maintenance.

When asked what his job entails, Daniel said, "I watch over the campus wide building automation system, looking for problems with the control system and HVAC equipment all across K-state. I work closely with the HVAC shop and Honeywell to troubleshoot problems that I find. Our control system has over 25,000 points with 1-4 alarms per point, needless to say, there is a lot to learn." He said, "The three things I like most



about my job are; solving puzzles (figuring out what is going on with the equipment), interacting with a variety of people to get the job done, and seeing that as I grow into the job that the job can expand into additional responsibilities such as doing some of the programing, starting with some of the graphics.”

“One of the biggest contributions that my position makes for K-State is that I have caught several problems and the HVAC shop was able to correct them before anyone in the affected area even noticed that there was a problem.”

“Most people don't know that my first motor vehicle was an airplane. I was 18 years old and going to the Navy's nuclear power school in Orlando, Florida. I was getting ready to buy my first car and had it all picked out. It was going to cost me \$5000. I was also taking flying lessons to get my private pilot's license. There was an airplane parked two down from the one I was renting with a for sale sign in the window. I called the guy up and asked him how much he wanted for it. His answer . . . \$5000. So car \$5000 or airplane \$5000. So I would walk 2 miles out to the airport almost every day to fly my airplane. I only had 18 hours of flying time at the time I bought the 1948 Stinson 108-3 and got most of the rest of my time toward my license in my own plane.”

“I have also worked in several different fields including being a Master Goldsmith. I have designed and hand made many beautiful pieces of fine jewelry in gold, silver and platinum with a variety of precious gems. I am still making jewelry as a hobby / on the side business.”

<http://thegoldsmithshoppe.webs.com/>

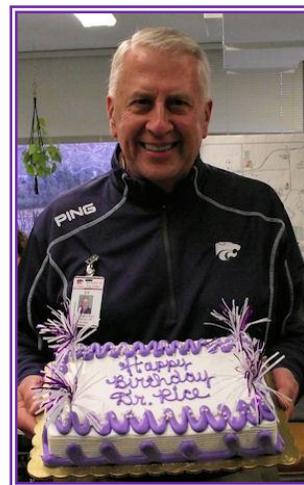
Daniel's other hobbies include bee keeping and cutting gemstones.



Support Services bid Thomas Shump farewell last month. He has taken a job closer to family. We wish him the best. We will miss his smiling face and beautiful singing voice. Pictured is Thomas and his supervisor, Loletta Sump.

Someone had a milestone birthday recently...

Guess who?



## Handwashing: Handy Advice

How long does it take you to wash your hands? If you follow recommendations from the CDC, you're supposed to lather up and scrub your hands for 20 seconds--the time it takes to sing "Happy Birthday" twice.

Proper handwashing is the single best way to prevent colds and many other infectious diseases. The combination of soap and water, along with the friction of rubbing your hands together, loosens dirt and creates a slippery surface so germs slide off.

You should wash your hands often: before and after eating or preparing food (particularly raw meat, fish, and eggs), after using the toilet, after blowing your nose, after changing a

diaper, after playing with pets or cleaning up their waste, before and after touching someone who is sick or treating a wound, before putting in contact lenses, and after gardening.

### **Does the water temperature matter?**

There's little research, but two studies suggest that water temperature has no significant effect on reducing bacteria under normal handwashing conditions. A downside to hot water is that it can irritate skin. Hotter water does cut through oil on your hands faster, but cooler water will also do the job.

### **How should you dry your hands?**

Drying your hands reduces bacteria levels further, but it's debatable whether using paper or cloth towels or a warm-air dryer is best. A Mayo Clinic study found no differences between these methods in terms of removing bacteria from hands; other research suggests paper towels are more effective.

Whichever method you use, the key is to make sure your hands are fully dry. Hands that remain wet are more likely to transfer bacteria to and from the next surface you touch.

### **Is hand sanitizer a good substitute?**

Handwashing is generally preferable, but alcohol-based hand sanitizers are a convenient option when soap and water are not available. They kill most bacteria and viruses on contact, but not bacterial spores. Look for products with at least 60 percent alcohol (ethanol and/or isopropanol). Rub about a dime-size amount over all the surfaces of your fingers and hands until they are dry.

Dirt, food, and other grime on your hands make the alcohol in hand sanitizers less effective, however, so if your hands are visibly dirty or greasy, you're better off washing them.

### **What about antibacterial soaps?**

We don't recommend them for ordinary household use. Soaps that contain antibacterial agents (most commonly, triclosan) kill or inhibit bacteria, as well as help physically remove them. But there's concern that such soaps contribute to the growing problem of bacterial resistance, which is causing many essential antibiotics to become ineffective.

Also, though triclosan is not known to be hazardous to humans, studies in lab animals have shown it to have hormone-disrupting effects. The FDA is reviewing its safety. Regular soap and water are all you need.

Source: [berkeleywellnessalerts.com](http://berkeleywellnessalerts.com)