

From the Associate Vice Chancellor for Facilities Management

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."
 - John Quincy Adams, 6th US president

Greetings! Our Facilities Management Department continues to excel and expand. Your teamwork and customer service over the past three months have inspired me. Keep up the good work! This month, in a sign of the phenomenal growth at UNC Charlotte, we will complete construction of our eleventh new building, the Applied Optics Building on the Charlotte Research Institute.

The buildings are important, but people make our organization and our University. We are up to 337 people in our department. This constitutes an increase of 90 (or 36%) over the past two years. Very few campus Facilities organizations can claim this kind of growth in such a short period of time. Very few organizations can say they managed such growth well. We are one of those few.

Everyone in the department should take pride in the way we have handled change and managed the growth of the University. Goal #5 of our Strategic Plan is to: *"Promote personal excellence, teamwork, innovation and continuous quality improvement."*

This next year, I recommend that each of you set some individual professional goals.

As part of our annual budget process, your supervisor will talk with you about your training needs for the next fiscal year. That discussion should lead to the development of an



individual training plan. Take advantage of the opportunity. Opportunities come knocking for those who work to improve themselves. The beginning of the New Year is a good time to renew our determination to make UNC Charlotte a "Campus of Distinction" and a better place to work. That starts with relationships and the way we treat each other. As you go about your daily tasks, remember our organizational values of **Respect for Others, Honesty and Dependability!**

Philip M. Jones
 Associate Vice Chancellor for Facilities

*Facilities Management...
 Creating a Campus of Distinction*

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EMPLOYEE OF THE QUARTER

Congratulations to ***Lillie McDuffie***, Housekeeping, who was honored with the “Employee of the Quarter” award for **October—December 2005**.

Nominated by Elsie Byrd, Lillie McDuffie’s display of heroism helped capture a man wanted by the Charlotte Mecklenburg Police department. Her humanitarian effort in the incident makes the UNC Charlotte campus a safer place.

Lillie is a caring and dedicated worker who goes out of her way to complete her job in a timely and professional manner. She never hesitates to assist when needed. She always has a smile on her face and has a pleasant attitude.



"I know the price of success; dedication, hard work and an unremitting devotion to the things you want to see happen."

– Frank Lloyd Wright, architect

TEAM OF THE QUARTER

Congratulations to ***Jim Campbell, Dewey Lilly, and Phil Meacham***, who were honored with the “Team of the Quarter” award for **October—December 2005**.

According to the nomination by Albert McCool, Capital Projects, during the winter break, this team was able to set in motion the removal of four outdated and potentially dangerous high voltage switches. Without their knowledge of the campus high voltage system, this project would have been virtually impossible without major campus outages.



SUPERVISOR OF THE QUARTER

Congratulations to Essie Spears, Housekeeping, who was honored with the "Supervisor of the Quarter" award for October—December 2005.

Essie Spears was nominated by more than twenty four housekeeping staff in recognition of her outstanding qualities of professionalism, problem solving, teaching strategies, and confidence to face any challenge that may come - to achieve any goal. Essie has a wonderful attitude when it comes to teamwork and will assist in any area needed. She never makes one feel like their con-



tribution at work is unimportant. Her approachable attitude makes coming to work a joy! Recently, Essie was promoted to Third Shift Housekeeping Manager. Indeed she will accomplish great things in this position. ***Way to go Essie!***

"Always dream and shoot higher than you know how to. Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."

– William Faulkner, writer

Awaiting the All Employees Meeting to begin...



FOCUS ON STAFF

Congratulations to: **Lille McDuffie, Housekeeping**, who received the Associate Vice Chancellor for Facilities Management Employee of the Quarter Award; **Essie Spears, Housekeeping**, for receiving the Supervisor of the Quarter award; and the **High Voltage Switch Repair/Replacement Team** who received the Team of the Quarter Award for the period of October—December, 2005.

Other recipients for the October—December quarter were:

SAFE TEAMS OF THE YEAR



Automotive Shop (left) ; Zone 1 (below)

Neither shop had any accidents for the calendar year 2005



To view all “All Employees Meeting” photos and read detailed descriptions of nominations, please visit our web site at:

<http://fmbld02.uncc.edu/Awards/default.asp>

FOCUS ON STAFF

SAFE TEAMS OF THE QUARTER

(Statistical information provided by UNC Charlotte Safety Office)

Teams with the best safety record during the quarter.



Shop 11 - Electrical



Shop 12 - HVAC



Shop 13 - Housekeeping



Shop 16&18 - Automotive & Preventive Maintenance



Shop 15 - Grounds



Shop 19 - Recycling



Zone 1 - Maintenance



Zone 2 - Maintenance

To view all "All Employees Meeting" photos and read detailed descriptions of nominations, please visit our web site at:

<http://fmbld02.uncc.edu/Awards/default.asp>

FOCUS ON STAFF

Customer Service Awards: Individual (nominated by campus customers)

Terra Bryant (Housekeeping) received a nomination from Religious Affairs for her hard work in making sure the basement of King is always top notch.



Kelly Gay
Nominated by Dan Rowe College of Engineering



Joey Cochran
Nominated by Dr. Larry Mellichamp



Peter Franz
Nominated by Dr. Larry Mellichamp



Lillie McDuffie
Nominated by Elsie Byrd



Bobby Robinson
Nominated by Officer Veronda Jackson

Award for Excellence: Individual (nominated internally)

Ray Dinello (FIS) was nominated by Beverly Imes for scheduling one on one training time with individuals.

Monica Vasconez was nominated by David Smith for her fantastic job keeping daily operations straight, under four different supervisors in a year's time.



Kenny Leazer
Nominated by David Smith



Kathy Fisher
Nominated by David Smith and Phil Meacham



David Smith
Nominated by Phil Jones, AVC.

FOCUS ON STAFF

Customer Service Awards: Team (nominated by campus customers)



Arzella Baker, Steve McMiller
and Annie Joyner (not shown)

Nominated by Judy Ryan, Student
Health Center



Joe Gibbs, Steve Tillman, Wade Ward

Nominated by Bob Hocken, Greg
Caskey, and Jimmie Miller;
Engineering Research Bldg and Center
for Precision Metrology.

Award for Excellence: Team (nominated internally)



Eddie Calvert, James Mechum, David Rhodes,
Steven Norman, Robert Whisnant, Matthew Her-
ring, Robert Murray, Gary Edwards, Dewey
Lillie, James Campbell, Phil Meacham, Randy
Walter, Phil Leonard, Barry Andersen



Phil Meacham, Crew Supervisor

David Huntley, William Snyder, Chris McKin-
ney, Lewis Jackson, Wynn Bynoe, Jason Shores,
Peter Crainshaw (S12), and Robert Brown (S14)



Dewey Lilly, Phil Meacham,
and Jim Campbell (not shown)



Planning Committee for the Christmas Party:

Beverly Imes, Essa Dossary, Joyce Clay, Dionte Sims,
Lewis Jackson, Beulah Shankle, Adam Thompson, Bill
Adams, Barry Andersen, John Morris, John Tarlton, Jim
Kay, Kathy Boutin-Pasterz, and Shauna Messmer

Highlights from the Second Quarter

Promotions

Electrical—Shop 11

Tony Honeycutt – Electrician II – 11/1

Housekeeping -Shop 13

Franjo Pauler – Floor Maintenance Assistant – 10/1

General Services—Shop 14

“Chip” Lawrence – Maintenance Mechanic III – 10/16

Grounds—Shop 15

Dale Kroeze – Labor Crew Leader – 11/30

Zone Maintenance 1

Joseph Gibbs – HVAC Mechanic – 12/1

Zone Maintenance 2

Steven Tillman – Maintenance Mechanic IV – 12/15



New Employees

Design Services

Norman Johnson

Facilities Business Office

Melia James

Maintenance & Operations

Larry Howell

Electrical—Shop 11

Kathy Fisher

HVAC- Shop 12

Michael McHugh

Tim Overcash

General Services—Shop 14

John Renwick

Joseph Coleman

David Skor

Recycling—Shop 19

Walter Edwards (pictured right)



Housekeeping—Shop 13

Jacqueline Anthony

June Joseph

Johnnie Doyle

Bernetta Lee

Delores Green

Johnathan Breckridge

Tomasa Bonilla

Ben Lassiter

Lotoia Young

Yves Byron

Gloria Suarez-Chaico

Terry Robinson

Kathy Thomas

Savararia Harrison

Benjamin Fuentes

Alioune Diop

Hashime Wright



Savararia Harrison



Ben Fuentes

*Welcome to the
Team!*

Highlights from the Second Quarter



Water Main Break at Facilities Management Annex

Several people were involved in this emergency repair - **Eddie Calvert, James Mechum, David Rhodes, Steven Norman, Robert Whisnant, Matt Herring, Robert Murray, Gary Edwards, Dewey Lillie, Jim Campbell, and Phil Meacham.** Electrical, HVAC, and Telecom located the utilities. Everyone contributed their talents to the task. Some of the contributions include: Robert Murray, Grounds, who operated the backhoe; Steven Norman monitored the plant with the water shut-off and assisted bringing the back loop steam supply back up; and David Rhodes also assisted. James Mechum is pictured to the left.

Submitted by Howard Jaecks, Steam Plant Supervisor



Zone 2 New Shop and Office Space in Regional Utility Plant #2



Campus Wide Fall Planting of a Variety of Annuals & Perennials (pictured right)



Facilities Management Compound

New space for Grounds and Automotive shops, storage for Recycling, Construction and Demolition, and metal bins.

(Building J and Compound pictured left)

Highlights from Facilities Management's Annual Holiday Party



*December 14, 2005; Lucas Room; University Cone Center
Catered by Chartwells*

2006 REPRESENTATIVES UNC CHARLOTTE STAFF ORGANIZATION

Four Facilities Management personnel are elected representatives of the UNC Charlotte Staff Organization and serve on the Executive Committee. They are **Ronnie Bell** (General Services, Area 15), **John Conn** (Preventive Maintenance, Area 15), **Noella Paquette** (Facilities Business Office, Area 11), and **Joann Pearson** (Housekeeping, Area 12). Alternate representatives are **Hedy Talley** (Facilities Business Office, Area 12) and **Beverly Starcher** (Housekeeping, Area 12). Below is a recent picture of the Executive Committee.

The Executive Committee for the UNC Charlotte

Staff Organization provides a way through which the organization's members can express their views and discuss issues involving the University and its community. The main purpose of the Executive Committee is to provide for staff awareness and encourage involvement.

The committee meets once each month to discuss matters at hand that affect the staff. Therefore, when there are concerns relating to the staff or the University, please see one of the representatives below so it may be presented to the committee.

You can find more information on the University website at <http://www.stafforg.uncc.edu/>

— **Beverly Imes, Office of the Associate Vice Chancellor**, with excerpts from the UNC Charlotte Staff Organization homepage.



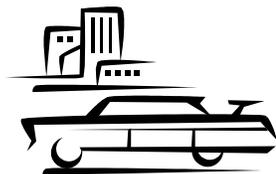
“KEEP IN TOUCH”

Anyone wishing to send “get well soon” wishes to **Gwen Sasser, Facilities Business Office-Personnel**, may do so via email at gvsasser@aol.com.



CARPOOLER WANTED!!

Rider or Riders to share cars, truck, horses and/or skateboards from the **Statesville area** and points south to UNC-C. Working hours are 8:00 a.m. until 4:30 p.m. All interested parties are asked to please contact **Jim Kay** at jimboleus@msn.com or call Zone Maintenance at 7-6993 or 7-6694. Leave a brief message!



Introducing...Larry Howell Maintenance and Operations Director

**By: Beverly Imes,
Office of the Associate Vice Chancellor**



On Friday, November 4, 2005, Phil Jones made the announcement to the Facilities Management Team, that Mr. Laurance (Larry) Howell, P.E. had accepted the position of Director of Maintenance and Operation (M&O).

After nearly eleven months of searching for a successor, numerous interviews, and more than a fair amount of paperwork, it was a pleasure and a relief when Larry came on board. Larry began on Monday, November 7, 2005. So being the newest manager on the block, inquiring minds would like to know a little more about this soft spoken, easy going, laid back leader.

In a recent interview, Larry indulged me by answering the following questions:

Q-Your resume is filled with credentials. Please share with us your experience and background.

A- It was very difficult for me to be brief when I prepared my resume. Perhaps the best synopsis is just a recap of my education and job titles.

Educational/Professional: B.S. Engineering - U.S. Coast Guard Academy, M.S. - University of Illinois, P.E. (Civil) - Florida and North Carolina.

Work History with USCG: Shipboard Engineer - USCGC Mendota, Wilmington, North Carolina; Damage Control Officer - USCGC Taney, Little Creek, Virginia. Construction Inspector and Design Engineer - Miami, Florida; Project Engineer and Assistant Facilities Manager, Alameda, California; Chief Construction Section and Assistant Facilities Manager, Cape May, New Jersey; Assistant Chief Civil Engineering Branch, Cleveland Ohio; Chief Civil Engineering Branch, Long Beach California; Commanding Officer Civil Engineering Unit, Juneau, Alaska; and Chief Program Management and Execution Branch, Washington, D.C.

Post USCG Employment: Director for FM, Lakeland Community College, Kirtland, Ohio. Maintenance and Operations Director, UNCC.

Q-How would you describe your management style?

A-My preferred management style is to provide supervisors and staff with specific responsibilities and general guidelines and allow them broad latitude for achievement of results. I'm results oriented.

We have a very talented labor pool. I respect their ability to accomplish their assignments in a timely and professional manner to the customer's satisfaction. If I am prescriptive, it is generally done so for a reason. The reasons might be to ensure a customer's desires are met or based on experience there is a sound reason to do something in a certain manner.

This style of management requires support and empowerment to ensure supervisors and staff have the proper tools and training to accomplish their mission.

Q-After being in M&O for barely two months, what do you like most about being here?

A-The people, the professionalism, and the challenges.

Q-Every good leader has short term and long term goals. Would you please share at least one short term goal and one long term goal for the M&O section?

A- M&O is here to support Facilities Management in its mission to plan, build, operate and maintain the campus for the benefit of our students, faculty, and

staff. One of my short term and long term goals is to ensure that we do that in a safe manner. Employees need the knowledge, skills and ability to work safely. It is incumbent upon each of us, supervisor and employee, to ensure that proper training and equipment is obtained and utilized. UNCC is fortunate to have a highly skilled workforce. It is an asset worth protecting.

Shop supervisors are in the process of reviewing the OSHA standards which are applicable to their shops. Shop supervisors will build upon these minimum safety requirements to establish training standards. They will report training results at the end of each fiscal year. Safety training and working safely should both become part of M&O's standard operating procedure.

Q-If you were to describe yourself in a few words or phrases what would they be? Explain.

A- If I were to describe myself in a few words, it would be one word - **conservative**.

Q-What do you want your colleagues to know about you?

A- My interests outside of work center around family. I enjoy spending time with my granddaughters. Right now they are learning to play basketball; what a hoot. I also enjoy fishing, water-skiing and snow-skiing; the girls provide the excitement.

Scariest experience: skirting a hurricane swab year aboard the sailing ship Eagle.

Most noteworthy project: installation of a five pile dolphin to mark Bligh Reef following the Exxon Valdez disaster.

Most enjoyable Coast Guard assignment: Commanding Officer Civil Engineering Unit Juneau, Alaska.

Larry has had a positive effect on this organization, his colleagues and the M&O supervisory team. How do I know? I asked them!

Q-As Larry's direct reports, would you please share what you respect most about Larry's leadership style and/or personality.

Here are the responses:

David Hillard—General Services

- His wide range of knowledge and experience.
- His listening skills and open-mindedness toward recommendations and suggestions from his employees
- His ability to quickly grasp the essence of a situation.

Steve Terry—General Services

- He helps you to get to the root of matters by dissecting and qualifying your issues.
- He keeps communication levels high during the pre-response time window if the matter presented requires serious review.
- His fresh ideas, and private sector experiences attune him to a different level of awareness
- He seems to be highly concerned with Facilities Management moving up the professional ladder in service and staff development

Larry Griffin—Zone Maintenance

- Larry empowers his shop supervisors to do their jobs and training and safety is very important to him.
- You gotta love his first name is "Larry" like me, and he is a retired Coast Guard Officer, like me!!!

John Carpino—Automotive & Preventive Maintenance

- "Larry is very approachable, helpful, and understands the obstacles we face each day.
- He is proactive to the needs of the University and also M&O. I hope to continue a good working relationship with him."

David Smith—Electrical

- Larry has done an excellent job in leading the M&O section. He has given me insight to help me professionally.
- I have witnessed how he deals with a person who is not performing at the expected level. Instead of beating them down, he tries to encourage them to do better.
- He is a good listener. When you feel like you have a problem with work, he will guide you and give wisdom on how to improve the situation.

Monica Vasconez—Administrative Secretary

- Larry can always be found in his office very early in the morning and late at night doing his best to learn everything there is to know about Maintenance and Operations.

(Continued on page 14)

(Continued from page 13)

- *I am sure that in the future we will have many positive changes under his leadership.*
- *It is very pleasant working with him.*

Joey Cochran—Grounds

- *Larry's leadership for the M & O office has been received very well. The folks from the shops have given very positive responses.*
- *Larry's style has been very professional, open and inviting for everyone to participate in our day to day work needs as well as the bigger picture issues.*
- *He is a very good listener and also enjoys a good laugh - which always helps!*

It's not due to upcoming performance appraisals that these responses were positive. Larry has the qualities and traits listed and then some.

Of course, the article wouldn't be complete without a statement or two from the Associate Vice Chancellor, Mr. Phil Jones. Here is what he has to say:

"I am proud to have Mr. Larry Howell as our Director of Maintenance and Operations. Larry brings a world of outstanding professional experience to his new position. He has already made a difference in his short time here. I know he is going to make significant contributions to UNC Charlotte and our Facilities Management Team."

Well, there you have it! Larry, as you can see, you are a welcomed addition to the Facilities Management family. Enjoy the ride!

WORKING ON BUILDING J

Essa Dossary, Design Services, submitted these pictures of the work underway in Building J. The crew is mostly **Electrical and General Services** performing the conduit trenching layout. The electrical shop is running power along the walls. General Services is constructing areas inside the building for offices and work cells. Keep up the good work!



Personal Success

Actualize Your Primary Goal

To have everything we want in life we have to decide what it is that we really want, make a plan and take action.

First have to **decide on a primary goal**. We can make our goal list as long as we desire, but to make our goals "actual" we must concentrate on them one at a time.

Once we have our primary goal, then we have to **create a plan**. That plan may include researching our goal, looking for classes to take, visiting a foreign country or asking about an internship. Creating a goal-achieving plan is like planning a road trip. If you know your eventual destination, you just need to mark a route to get there.

The last step is to **follow the plan by taking action!** It sounds simple, I know. And it is simple. The hardest part of having what you want is figuring out what you want and deciding you're going to do it.

Action Steps

For example: Choose a goal that is relatively simple to accomplish. The one you can do the quickest with 10 steps or less. Once you have created the steps, take action. Complete one or two steps a day, or more if you can, until you have actualized your primary goal. Then, decide on your next primary goal and start all over again. Soon all of the goals you have been putting off will be your reality.

Source: Mark Victor Hansen's Rich Results
July 16, 2005

The Heartbeat of Housekeeping

By: Brian Guns, Housekeeping Administrator

The Housekeeping section was busy, as usual, trying to staff for the opening of yet another new building located on the Charlotte Research Institute portion of the campus. The Applied Optics Building has added eight new housekeeping positions, increasing the total to 121 positions. This number is up from 68 in November 1997, with the majority of growth taking place in 2004 and 2005.



One of the new positions is the Third Shift Manager who is responsible for the entire night operation consisting of six supervisors, 50 housekeeping assistants, six general utility workers, and 15 floor maintenance assistants.

Essie Spears was selected as the Third Shift Manager. Her office is located in Room 124E of the Old Facilities Management Building. With 78 housekeeping staff members working between the hours of 10:30 p.m. and 7:00 a.m., Essie is going to be a very busy person. If you are in the old Facilities Management Building early in the morning or late at night, stop by and say **"Hi!"**

Donnie Leak left Housekeeping after four years in three different supervisory roles: second shift supervisor, floor crew supervisor, and housekeeping coordinator. His last day was January 20, 2006. Donnie accepted a supervisory position with Gaston Community College. "Good Luck Donnie." As our housekeeping coordinator, Donnie had worked from 3:30 a.m. to noon for over two years managing the day-to-day operations for all three shifts. **Thanks Donnie!**



Another recent addition to the Housekeeping Team is our new Processing Assistant, **Jacqueline Anthony**. Jacqueline joined us on December 19, 2005. Her office area is located in the new Facilities Management Building in Room 145. Prior to coming to UNC at Charlotte, Jacqueline worked at The Johns Hopkins University in the Design and Construction Services section of Facilities and Real Estate and in the Office of the President at Barber-Scotia College. **Welcome Jacqueline.**

Housekeeping has teamed up with Computing Services to provide customized computer training to all housekeeping employees. At the request of Phil Jones, Computing Services has developed a custom training program for Facilities Management Housekeeping to help our employees get full benefit from the computers that have been installed in the housekeeping offices.

Thanks to Phil Jones for making this happen, John Faison and his FIS team for finding the computers and getting them set up in our offices. Thanks to Kelley Eaves-Boykin for working with Phil, John, and me to put together a training program designed to meet Housekeeping's needs.

Training sessions have been scheduled and are underway on all three shifts so that all employees can attend during their regular shift. We are grateful to Larry Eppley for conducting the training sessions and adjusting his schedule to be here for our second and third shift employees. **Thanks Larry!**

"In a time of drastic change, it is the learners who inherit the future."

— Eric Hoffer, philosopher

Recycling Is On a Roll

Kathy Boutin-Pasterz
Environmental Educator and Volunteer Coordinator
Office of Waste Reduction & Recycling

The Office of Waste Reduction & Recycling would like to invite everyone to Join Us at the Belk Tower (Colvard Breezeway if it rains) for UNCC's **14th Annual Earth Day Environmental Fair** on Wednesday April 19, from 10am - 3pm. We will have presentations and exhibits on organic food, Tai Chi, animals, hiking trails, alternative energy and much more. Each year this event attracts hundreds of UNCC staff and students and many area residents. For more information contact Kathy Boutin-Pasterz at kboutin@email.uncc.edu 7-4283 or Kelly Freshcorn kafreshc@email.uncc.edu 7-3890

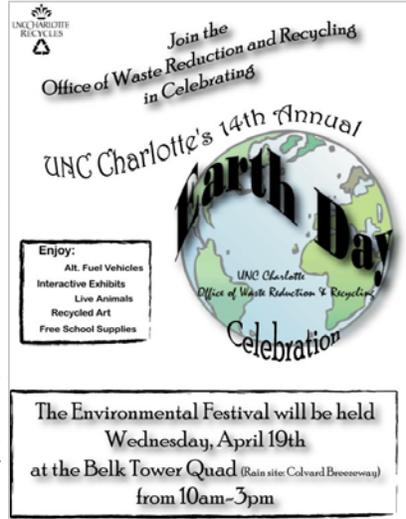
Every Wednesday through March 1st everyone is invited to "**BRING IT TO THE TABLE**" as we tour campus with the "Take IT or Leave IT" table. Students and staff are invited to bring items they no longer need to the table and take something from the table that they could use. The tour started on Jan 11th at Hawthorne and will continue to wind its way through the residential halls. The Office of

Waste Reduction & Recycling will have FREE gently used notebooks and file folders to give away and we hope you will come by and bring items you no longer need and take something you can use (see flyer on page 17). For more information contact

Kathy Boutin-Pasterz at kboutin@email.uncc.edu 7-4283.

Upcoming **Recycling Birthdays** Kelly Freshcorn (Feb 7), David Jones (Feb 20), Henry Bennett (Mar 12), Walter Edwards (Mar 17), Lucille White (Mar 29).

And welcome Walter Edwards to the recycling crew!



Personnel Pipeline

Melia James, Facilities Business Office—Personnel

- **Banner Self-Service** is now available for all employees to access 24 hours a day, 7 days per week by visiting <https://selfservice.uncc.edu/>. Banner Self-Service will allow you to view employee information including pay, benefits, deductions, leave balances, and tax information. In addition, you can update personal information such as emergency contact or permanent address. To learn more about Banner HR, visit <http://www.bannerinfo.uncc.edu/>
- The **social security number** is no longer allowed on timesheets and leave slips. Instead, all employees should use their UNC Charlotte Banner ID number. If you do not know your Banner ID number, please contact Melia James, Hedy Talley, or Elizabeth Haddock in the FBO-Personnel office.
- **Direct Deposit** will be made available to all University employees effective March 1, 2006. If interested in direct deposit, contact Melia James, in the FBO-Personnel office at 7-2152 for more information.
- Don't forget to check out **UNC Charlotte's Human Resources Training and Staff Development Catalog**. A variety of On-Line, Classroom and On-Your-Own courses are offered, with specific competencies in customer service, computer skills, diversity, effective communications and much more. Visit http://www.uncc.edu/humanres_is/Training/index.asp for more information.



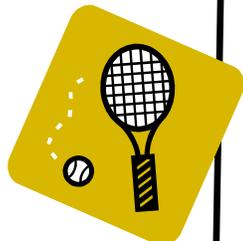
GET FREE STUFF

and GIVE AWAY stuff you no longer want or need at the

"TAKE IT or LEAVE IT" table!



Join us every Wednesday from
1pm—3pm



at a different residential hall

- February 8, 2006—Squires Hall
- February 15, 2006—Cypress Hall
- February 22, 2006—Phase V (by the wall or Oak Hall)
- March 1, 2006— Holshouser & Scott Hall



Bring CD's, pens, pencils, sports equipment, books, DVD's, videos, cookware, tools, book bags, sunglasses, watches, knickknacks, etc.



You name it! If you don't want it...

BRING IT TO THE TABLE!



Brought to you by the: Office of Waste Reduction & Recycling
704-687-4283

PC's Power Loads on a System Basis

By: Essa Dossary, Design Services

We debate everyday whether we shut off our computers before we go home. I thought I could share this fact with you.

Device/ system:

1. Central Processing Unit or CPU
2. The Monitor
3. The Printer
4. The Speakers System

KVA Calculations

- = 120V x 6 Amps is \approx .720 kw
= 120V x 1.6 Amps is \approx .192 kw
= 120V x 1.1 Amps is \approx .120 kw
= 120V x .25 Amps is \approx .030 kw

Total 1.062 KW



Let's presume that Duke Power charges 10 cents per KW hour!

Performing the math, on the average, each one of us uses \$1.30 of Energy if the computer is left on overnight. This translates to (5 p.m. to 8:00 a.m.) 13 hrs. x \$0.10 = \$1.30 for leaving the computer system running all night.

Now, let's say that you do not park on campus, but you continue to feed the meter at night, would you do that? Of course NOT.

The bottom line (do the math) each year we throw away about \$400 per person for leaving our computer running all night after we leave the office.



The frugal thing to do is shut of the computer before you go home. When you return the next day, all you have to do is power the computer and log on. Each person not only saves UNCC money, but also loads the latest update every time one logs ON.

Let's pitch in and help reduce cost.

Student Firefighter Offers Emergency Contact Suggestion

(as posted in the *Campus News July 2005*)

Randall Faggart, BSET-Fire Safety student and firefighter, has passed along the following suggestion. Following the recent disaster in London, the East Anglian Ambulance Service has launched a national "In Case of Emergency" (ICE) campaign. The idea is to store the word "ICE" in your mobile phone address

book and with it enter the number of the person to be contacted in case of emergency. In an emergency situation, ambulance and hospital staff will then be able to quickly find out whom to contact. For more than one contact name, enter ICE1, ICE2, ICE3, etc. to separate.

This information has been posted in other newspapers and communications, media, etc. (i.e., email). Please pass this along. **As it could mean reaching your family member in a life threatening situation.**

Happy Birthday to You!!

This list was provided by Human Resources. If any names were omitted, it was not intentional.

February

Starcher, Beverly	2/2	Housekeeping
Faison, John	2/4	FIS
Harrison, Savararia	2/4	Housekeeping
Parks, Joyce	2/5	Housekeeping
Blakeney, Lisa	2/6	Housekeeping
Freshcorn, Kelly	2/7	Recycling
Clemons, Candis	2/8	Housekeeping
Marceau, Robert	2/8	Housekeeping
Smith, Tim	2/8	General Services
Mackey, Marvin	2/9	Electrical
Craig, Huey	2/13	Housekeeping
Franz, Peter	2/15	Planning
Gibbs, Joe	2/20	Zone 2
Jones, David	2/20	Recycling
Davis, Michael	2/22	Housekeeping
Minor, Carolean	2/22	Housekeeping
Burt, Steve	2/23	Design
Ceallaigh, Sherry	2/23	Capital
Sparks, Tom	2/23	Capital
Calvert, Eddie	2/24	HVAC
Milone, Frank	2/24	Grounds
Winder, Jennifer	2/27	Housekeeping



March

Lavoie, Andy	3/1	General Services
Gray, Robert	3/2	General Services
Ross, Jeff	3/4	Design
Peoples, Bonnie	3/4	Housekeeping
Green, Delores	3/5	Housekeeping
Elston, Marisa	3/6	Design
Herrington, Rob	3/6	Lock Shop
Howell, Larry	3/7	M&O
Chastain, Jack	3/12	Capital
Bennett, Henry	3/12	Recycling
Jarvis, David	3/13	Zone 2
Ussery, Robert	3/14	Housekeeping
McKinney, Chris	3/15	Electrical
Crainshaw, Pete	3/15	HVAC
Ward, Wade	3/15	Zone 2
Edwards, Walter	3/17	Housekeeping
Godfrey, John	3/18	Electrical
Johnson, Norm	3/21	Design
Castor, John	3/21	HVAC
Tucker, Arnold	3/21	HVAC
Love, David	3/22	Design
Ritch, Stephen	3/22	Grounds
Diop, Alioune	3/22	Housekeeping
Heck, John	3/26	Grounds
Simuel, Pauline	3/27	Housekeeping
White, Lucille	3/29	Housekeeping
Honer, Robert	3/31	Housekeeping

April

Jones, Sylvester	4/3	Housekeeping
Talley, Hedy	4/5	Business Office
Kraus, Charles	4/6	Zone 2
Gurganus, Eugene	4/7	General Services
Necaise, Ralph	4/8	Grounds
Hartsell, Jack	4/9	Electrical
English, John	4/10	Recycling
Williams, Lacy	4/12	Housekeeping
Tarlton, John	4/12	Preventive Maintenance
Doyle, Johnny	4/13	Housekeeping
Hanna, Sam	4/14	Design
Leahew, Joseph	4/14	Grounds
Blugh, Yvonne	4/14	Housekeeping
Renwick, John	4/17	General Services
Martin, Christopher	4/17	Grounds
Poston, Billy	4/17	HVAC
Cochran, Joey	4/18	Grounds
Singletary, Velton	4/18	Housekeeping



Anthony, Jacqueline	4/18	Housekeeping
Brindle, Jerry	4/19	General Services
Fuentes, Benjamin	4/19	Housekeeping
Goodwin, Quinton	4/20	Housekeeping
Logan, Shem	4/20	Housekeeping
Skor, A David	4/21	General Services
Murray, Robert	4/21	Grounds
Elliott, Jim	4/21	HVAC
Thompson, Adam	4/22	General Services
Barden, John	4/23	Automotive
Seamon, Ed	4/24	Electrical
Adams, Bill	4/24	General Services
Fake, Mac	4/26	Design
Camp, Mike	4/27	Electrical
Norman, Steve	4/29	HVAC
Cranford, Ken	4/29	Prev Maintenance
Blakeney, Horace	4/30	Housekeeping



Dates To Remember

**March 8—9: Hosting the Capital Project Coordinators/Facilities Operations Conference/Bond Alliance Meeting
Engineering Research Building Room 345**

**April 19—8:30 a.m.: Strategic Planning Session
Cone University Center, Conference Room 111**

**April 26—10:00 a.m.: All Employees Meeting
McKnight Hall, Cone University Center**



TO YOUR HEALTH

Delay Heart Problems with a Good Diet

As we age, our hearts don't function as well as they used to. Reducing calories has been shown to lower the risk of atherosclerosis, a disease in which fatty material is deposited on the wall of the arteries. This fatty material causes the arteries to become narrow and it eventually restricts blood flow. A new study shows that while reducing the amount of calories you consume may help your heart continue to function normally with age, it is just as important that you consume a balanced diet.

In this study, scientists examined heart function in two groups of people. One group consumed a "typical Western diet" that averaged 2,445 calories per day, with 31 percent of the calories derived from fat. A similar group at a "nutritionally balanced" diet that averaged 1,671 calories per

day, with approximately 28 percent of the calories derived from fat. People who consumed the reduced-calorie diet had significantly lower levels of certain inflammation markers in the blood. In addition, their hearts appeared to show greater elasticity and less stiffness than patients who consumed the Western diet.

The point of this study? Eating less alone won't reduce your risk of certain heart problems; you also need to make sure the food you eat is high in vitamins, minerals and other nutrients. For more information, visit www.chiroweb.com/find/.

Source: Meyer TE, Kovacs SJ, Ehsani AA, et al. Long-term caloric restriction ameliorates the decline in diastolic function in humans. *Journal of the American College of Cardiology* 2006;47(2):398-402.

Tip: Live a better quality of life by eating healthy and exercising regularly. Limit fast foods, drink plenty of water and choose more fresh fruits and vegetables. To find a list of healthy foods, go to *The World's Healthiest Foods* website at <http://www.whfoods.com/>

Facilities Focus is a communication tool for the benefit and enjoyment of all Facilities Management employees. Your ideas are welcomed and appreciated for future issues.

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