

Footpaths

Volume 2, Number 4

Winter 2002

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Winter Weather

Has Settled Into the Northern Plains

Our fall was unseasonably cold and now winter seems to have arrived. While our first snowfall was quite light, we're relatively sure more will come so let's briefly review UND's winter storm procedures.

Weather forecasts and conditions are monitored by the Communication Center staff and UND Police. As storms develop, weather updates are routed to designated administrative personnel, who then decide whether to keep the campus open or not. Many factors are utilized in making the decision to close, such as weather predictions, local school closings, events scheduled, buses running, etc. A decision to close is broadcast over all local radio and TV stations, including UND Channel 3. This information can also be obtained by calling UND's storm line at 777-6700.

Severe winter weather should not be taken lightly. Each individual has the ultimate responsibility of deciding for himself or herself whether conditions are safe for travel. Individual employee circumstances, such as distance to travel to or from home, child care obligations resulting from public school closures when UND remains open, etc. can many times be accommodated. Such flexibility could include late reporting, early release



time, or leave time as defined in the NDUS Human Resource Policy Manual. All Facilities employees deciding to stay home must notify the Communication Center at 777-2591.

Snow removal is an extremely high priority during and immediately after winter storms. Driving lanes must be kept open for emergency vehicles so some Grounds personnel work throughout the storm. Expanded crews begin clearing handicapped areas and ramps, academic area sidewalks and housing area sidewalks first followed by loading docks and academic building parking lots as soon as possible. After these areas are passable, snow removal then switches to housing and auxiliary roads, sidewalks, and parking lots.

Further information on the complete Severe Weather Policy can be obtained from your supervisor or the policy manual in the Communication Center.

STAY WARM AND BE SAFE!



?...Pam Zimbelman..

*Published by The Facilities Department
Grace Dahl, Editor (777-4137)
E-mail: grace_dahl@mail.und.nodak.edu
Other Committee members: Shelly Kain, Deb Merrill,
Patti Schmidt, Janice Troitte, Pam Zimbelman*



Thanks!



TO: Larry Zitzow
 FROM: Kristine Paranica
 (Conflict Resolution Center Director)
 Date: September 18, 2002
 RE: Jim Jerombek

I just wanted to tell you that we love the job that Jim (Jerombek) is doing at cleaning our Center. He is new for us and is doing such a great job. Please pass this along to his supervisor as well. Thanks.

"Jim, This is really great to hear!! Thanks for your help in making this work!" Paul Clark

Gracie's recipe Ideas for the Holidays eASY COFFEE CAKE

- 1 Yellow or White Moist Cake Mix**
 - 4 eggs** (or 6 egg whites to cut fat)
 - 1/4 cup oil**
 - 1/4 cup water**
 - 1 cup sour cream** (low-fat and fat-free also works)
 - 1 Package of Instant Pudding** (whatever your family likes, mine likes the White Chocolate or the Cheesecake - suggestions were also Pistachio or Coconut Cream)
- Then mix together and set aside:
- 1 cup brown sugar**
 - 1 cup coconut, pecans, or walnuts** (chopped)
 - 1 teaspoon of cinnamon**

Preheat oven to 325 degrees. Butter (or Pam Butter Spray) a Bundt Cake Pan. Mix all top ingredients for 5 minutes. Pour half of the batter in the pan. Add half of the brown sugar mixture over bottom half of batter and reserve the other half for the top after you pour in the remaining batter. Use a knife to swirl together. Bake for 50 minutes or until a toothpick comes out clean. My family enjoys it with Cool Whip or Whipped Cream.
 (oldfashionedliving.com for more Holiday recipes and ideas!)
 ?...Gracie Dahl...

New Faces in the Crowd

Kendall Klemmer began work as a Building Services Technician in the Academic Area on Aug 28, 2002.



Robert Myers began work as a Project Inspector in the Planning Area on Sept 23, 2002.



Randy Johnson began work as a Building Services Technician in the Academic Area on Aug 28, 2002.



✍...Patti Ryan Schmidt..

New Faces in the Crowd

Wayne Vonasek began work in the Family Housing Maintenance Area on Oct 7, 2002



Kathy Larson began work as a Building Services Technician in the Auxiliary Area on Oct 28, 2002.



Chris Grinde began work as a Building Services Technician in the Academic Area on Nov 13, 2002



Jeff Myhro began work as a Building Services Technician in the Auxiliary Area on Sept 30, 2002.



Terry Johnson began work as a Building Services Technician in the Academic Area on Nov 4, 2002.



Robert Voiss began work as a Building Services Technician in the Academic Area on Oct 14, 2002.



Roberta Stavig began work as a Building Services Technician in the Auxiliary Area on Oct 21, 2002.



Mike Norton began work at the Steam Plant on Oct 14, 2002.



Julian Flores began work again as a Building Services Technician in the Auxiliary Area on Aug 26, 2002.



Thomas Cogsdell began work as a Building Services Technician in the Academic Area on Oct 7, 2002.



PROMOTIONS:

Dave Senne was promoted to Family Housing Maintenance Supervisor!

?...Patti Ryan Schmidt..

Deb's Tidbits

Wellness Center Opens at UND

Staff Senate Updates

As the Holidays approach, Staff Senate has quite a few activities planned.

1. The yearly raffle tickets were on sale till November 13. The sales this year were excellent. Thank you and good luck to all that participated.
2. Fundraising/Scholarship Committee is cooking up ideas for another cookbook.
3. Staff Senate can coolers went on sale mid-October. Cute Christmas presents.
4. A "Christmas Decoration Drive" was held for last summer flood victims. Donated were items such as ornaments, lights, tinsel, and any other holiday related item. Pickup was November 1, 2002.
5. A bus trip to Mall of America was on November 16. Twenty dollars bought a day full of shopping and fun. A full bus was scheduled.

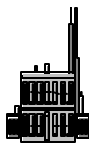


Have a Happy Thanksgiving!

ENERGY TIDBITS

Curious what it costs to use some of your appliances? Listed below shows costs per month:

Computer	1-1/2 cents per hour
Clothes dryer	.22 cents per load
TV	.01-1/2 cent per hour
Refrigerator	\$4.00 per month
Water heater	\$27.00 per month
Air Conditioner	Too much
Clock Radio	.23 cents per month
Cordless Phone	.17 1/4 cents per month



(taken from AC/Appliance Pros)

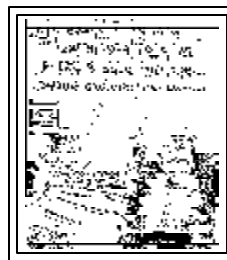
?...Deb Merrill...

Have you heard about the new Wellness Center here at UND? It's located on the third floor of the south end of Hyslop. It opened in mid-September and offers 29 pieces of cardio equipment (bikes, treadmills, elliptical trainers), also select-weight machines, free weights, and group exercise classes such as step aerobics, power yoga, indoor cycling, and hip hop. Student fees pay for the staffing and equipment, but UND employees can also join for a small monthly fee. You can get more information about the Wellness Center by visiting our web site (there's a direct link from the UND home page) or calling 777-6476.

Why should you exercise? Research shows that physical activity can help prevent at least six diseases: heart disease, high blood pressure, obesity (excess weight), diabetes, osteoporosis, and mental disorders, such as depression. Physical activity also will help you feel better and stay at a healthy weight. We all should try to do a total of 30 minutes of constant physical activity, such as fast walking, most days of the week.

The Wellness Center is open from 5:30 a.m. to 11:00 p.m. Monday through Friday, 9:00 a.m. to 3:00 p.m. on Saturday, and 4:00 p.m. to 10:00 p.m. on Sunday. Benefited staff and faculty may pay for membership through payroll deduction of \$13.33 per pay period for 18 pay periods, and non-benefited employees can join by paying \$240.00 per year.

The Wellness Center also offers massage! A massage therapist is available two days a week (Wednesday and one other day) by appointment. The cost for employees is \$25.00 for 30 minutes, or \$40.00 for a full hour. It's a great way to enhance relaxation and work out those kinks! Call 777-6476 for appointment times.



Submitted by:
Nikki Seabloom
Administrative Assistant
Department of Wellness



RECYCLING TIPS FOR THE HOLIDAY

Use recyclable wrapping paper.

Mailing and need to cushion packages - use popcorn instead of styrofoam beads.

Don't use red or green envelopes, not recyclable.

Gift ideas: Gift certificates for movies, dining, health clubs, bus passes, concert tickets. Give "salt of the earth" gifts such as soap, candles, wine, coffee, North Dakota products. Eco-gifts that benefit the earth: Bird feeders, an energy or water saving device, reusable tote bags, bike... for a catalog with other ideas call:

Harmony Seventh Generation: 1-800-869-3446

Other useful information on the Internet at:

www.ci.broomfield.co.us/recycling/tips.shtml



Facilities Archive photo. Do you remember these "old fellas"? Oops, some are still here (maybe not so old after all). No one could guess the first person on the left in the back. Do you remember who he is?

Planning for Facilities

Memorial Union Renovation



Exciting changes are beginning to take place at the Memorial Union with the start of a \$3.5 million dollar renovation project scheduled to be completed by the start of the school year next fall. Successful bidders for the renovation contracts were Peterson Construction, Ron's Electric and Custom Aire.

The majority of the remodeling will take place on the main floor in the area which formally housed the Bookstore. Changes scheduled for that area are a reconfiguring of the convenience store, new student government offices, retail space, and a coffee shop/snack bar in the center of a multi-purpose/pub area and internet café. The pub area will have raised seating areas and a DJ space. The internet café will feature tables, chairs and couches. The existing lounge area on the main floor will have a facelift which will include giving it a lot more space and a double-sided gas fireplace.

Some of the administration offices will be moving to third floor while Sign & Design will move from third floor to first to combine with the Copy Stop. Additional retail spaces will be available near the administration offices and in the old Student Government area. New restrooms for the first floor are planned near the front entrance.

Second floor will see a renovation of the bathrooms, new carpeting and facelifts for the meeting rooms.

Third floor will have bathroom renovations, a new administrative office suite and a classroom and casework added in the Craft Center.

The basement, which was remodeled after the 1997 flood, will have bathroom renovations and mechanical retrofit. Additional retail space is also being considered.

All windows and the majority of the outside doors are also scheduled to be replaced and an additional hand-capped ramp will be built on the east side of the building.

The Union has a web site: www.union.nodak.edu/union/renovation, which describes the renovation and will be updated during the construction process.

Shelley Kai n...

More Holiday Tips - Holiday Lighting from Omaha Public Power District (internet)

- *Use only lights that are UL certified.
- *Check for loose connections or damaged plugs.
- *Unplug cords when you string lights.
- *Water real trees often and use non-flammable decorations.
- *Don't overload circuits (if other lights flicker when you plug in lights, it is trying to warn you - a fire is possible).
- *Avoid extension cords when possible and use no more than 3 sets of lights per cord when necessary. Use only heavy duty cords.
- *Don't place cords under rugs or in traffic areas. Don't use staplers or nails to attach cords to baseboards or other surfaces.

Use common sense and stay safe!

Jazzing Up Your Holiday Ham:

Maple Glaze

- Whole Cloves
- 1/4 Cup brown sugar
- 1/4 Cup Maple Syrup
- 1 Tbsp mustard
- Apply during last half hour of baking

Honey Glaze

- 1 Cup Honey
- 1/2 Cup Orange Juice
- Baste several times during last 45 minutes of baking

Facilities Frogger says... Know What? Credit Cards Can Be Helpful If Used Wisely



To use credit wisely, it's good practice to limit yourself to only one active credit card at any given time. Then, whenever possible, use the card not for extended credit but as a convenient way to shop. To do that, it's simply a matter of using the card for purchases but then pay the total balance at the end of each month. Having only one active card will simplify record keeping and reduce your expenses. To choose the source of your credit, shop and compare. Creditors, banks, and lending agencies vary greatly. At the very least, you want the lowest annual fee and interest rate should you find it necessary to maintain an extended credit balance.

If you must make purchases with extended credit, they should be limited to necessary and large purchases that will outlast your payments on them, such as refrigerators, washing machines, or automobiles. Use of credit for everyday items such as food, clothing or cosmetics, should be avoided.

In most cases, a safe and comfortable debt load, excluding rent or mortgage, should not exceed 20% of your monthly take-home pay. This will usually allow you to balance your debt repayment with your monthly living expenses and also permit accumulation of savings. You will then be living within your means and using credit wisely."

These words of wisdom were taken from the "St. Alexius Medical Center Employee Assistance Program, Professional Update for October 2002"

Gracie Dahl ...

