A LETTER FROM THE AVP  
By Thomas Shewan

I would like to take this opportunity to say hello! Since my arrival in June, I have been fortunate to meet many of our Facilities employees; if I have yet to meet you, I hope to do so in the near future.

As the summer comes to a close, the University welcomes possibly its largest student body ever. The academic cycle has commenced with fall classes that began on Monday, August 29th. I encourage everyone to keep up the great work during our busiest time of the year.

Our first football home game is against the University of Houston Cougars on Saturday, September 24th at 6:00 p.m. in Bobcat stadium. Please turn out for the game and support our Bobcats!

We have recently been fortunate to open the Angelina San Gabriel Residence Hall complex, as well as a refurbished and thoroughly modernized Jones Dining Hall. We have broken ground on a new Health Professions Building at our Round Rock campus as well as a new Engineering and Sciences Building here on main campus.

This is a very exciting time to work at Texas State University. Thank you for all you do for Texas State University Facilities!

★ ★ ★
Facilities Newsletter, 12th Edition

ENVIRONMENTAL DEFENSE FUND AND TEXAS STATE UNIVERSITY

BY Sheri Lara

Utilities Operations Hosts a 2016 EDF Climate Corps Student Project

Texas State University was awarded a 2016 Environmental Defense Fund (EDF) Climate Corps Student Project for a paid student fellowship this past summer. Utilities Operations serves as the touch point for faculty needing support in their sustainability programs. As Director, I was a joint sponsor with Dr. Craig Hanks. Milad Mohammadalizadehkorde was selected, who is a Texas State University masters graduate student in sustainability. He worked in the Central Plant to collect data, used the utilities staff as a resource and completed the project. This is Texas State University’s first student internship under the EDF Fellow program. Staples Corporation National Sustainability group funded the fellowship.

Since its launch in 2008, EDF Climate Corps has uncovered $1.5 billion in potential energy savings, and has helped hundreds of organizations advance their energy management programs. Across the U.S. and in China, forward-looking organizations are engaging Climate Corps Fellows to help accelerate their clean energy projects, and meet their ambitious efficiency and renewable energy goals.

By participating in EDF Climate Corps, the student will benefit from Environmental Defense Fund’s expertise in energy management, and decades of experience creating business value through environmental initiatives. The student also joins a growing network of over 1,000 organizational leaders, top graduate students and energy experts with the common goal of improving energy performance.

Texas State University Project

The Texas State University has a goal of 5% reduction of total campus electric use on a kWh per gross square foot basis each year for 10 years. The university has achieved this goal for three consecutive years with seven more years remaining. The campus Sustainable Stewardship program addresses three broad areas identified as energy load, energy supply and energy information which interrelate to achieve energy use reductions.

Milad conducted data analyses of existing energy conservation program effectiveness. He identified additional energy-savings actions with cost payback, and provided environmental measures. Primarily, LED lighting replacement of T8 linear fluorescent lamps is the most suitable project with the highest and quickest payback of the cost and provide ongoing electric savings. His study will be used to inform and implement annual energy reduction plans at Texas State University.
In pursuing our mission, we, the staff of the Texas State University Facilities organization, are guided by a shared collection of values. Specifically, we value:

**Service:** We are committed to excellence in the provision of our services and professional interactions with our customers.

**Teamwork:** We strive for continuous improvement through innovation, collaboration and dialogue with the Campus Community in support of the university’s goals and mission.

**Accountability:** We are responsible for our actions and will conduct business in an ethical and honest manner in compliance with all university policies, and federal, state and local laws and regulations.

**Respect:** We treat each other with respect and dignity and place equal value on every individual.

**Stewardship:** We are conscientious stewards of the resources entrusted to us:
- **Personnel:** We take care of our people, ensuring that they are given the opportunity for professional growth and to work in a safe and welcoming environment.
- **Assets (Physical and Fiscal):** We will do our utmost to maintain the University’s physical assets and do so in a fiscally responsible manner.
- **Environment:** We will protect our sensitive environment.

---

**Welcome to the World!**

Richard & Jessica Rodriguez welcomed with love and joy, their sweet baby boy Richard Alan Rodriguez, Jr. Their first born arrived on May 20, 2016 at 5:35am. Baby Richie was placed in his mom’s loving arms at 6lbs 12oz and 19 inches long. Dad is beyond thrilled to have his little hunting buddy even if that comes with changing dirty diapers at 4am!

---

**Way to go Utility Operations!**

Kudos to **Bryan Brassell** and **William Butler**, Plant Mechanics! While performing PM’s they noticed the hot water pump for Harris Dining Hall had stopped working and services to the building had stopped. They were able to locate a new pump/motor skid and had the system back on-line within two hours! Great job!

Kudos to **Rodolfo Zelaya**, Supervisor Plant Operations, for his vigilance in keeping the East Plant operating properly to provide cold water to Strahan Coliseum during May Commencement ceremonies, resulting in happy parents, students, and faculty!

Kudos to **Stacia Moore**, Admin III, for finding ways to make it easier for the Utility Operations department to get through the startup of the new Performance Management Program!

Kudos to **Mike Krouse**, CCA! On short notice and on a very compressed schedule, he prepared a backup emergency repair plan and determined the permanent replacement of the Alkek Library transformers and switch, all the while remaining positive!
KEEP UP THE GOOD WORK, CUSTODIAL!

~Kudos to Val Manero and Heather Bristow! "...They keep our building so nice and clean. It is a pleasure to walk into my classroom knowing that everything is in place for teaching and learning. In addition, both Val and Heather are friendly and enjoyable to be around. They are always ready with a smile and a "hello."...Dr. Gigi Taylor

~Kudos to Rosie Ortiz! "...Michael Spidey and I are over here doing preventative maintenance to the building and noticed how clean it was in the restrooms. The chrome is very shiny and the floors are very clean. We appreciate coming to work in such a clean environment. We always like seeing someone take care of our chrome fixtures as well as she is."...Chad Wendel

~Kudos to Lupe Urrutia, Rodrigo Rodriguez, Connie Hughes, Delfia Chavarria, Sally Harris, Maria Alvarez, Steve Williams and Bruce Banks! "All of these custodians did a tremendous job stripping and waxing all the 3rd floor halls and assisting Lupe with some of the classrooms also."...Pat Hel£-Jones

~Kudos to Val Manero and Heather Bristow! They "deserve mega kudos for working with our construction issues in Old Main. We have moved the radio station from the 1st to the 3rd floor, occupying Old Main 320. Students are everywhere and it's a bit crazy while we renovate the old radio station space. Val and Heather are doing a great job to keep everything in order, as usual. Thanks for hiring such a great team for Old Main. We love Val and Heather!"...Dr. Judy Oskam

~Kudos to Phillip Williams, Mike Aleman, Phillip Vasquez, and Manuel Salinas! "...thank you very much for taking the initiative to get our floors polished without my having sent a request! It was a very lovely surprise, and the rooms look just wonderful."...Susan Romanella

~Kudos to Dora Rivas! "We are all very thankful Dora is our designated custodian. She has done an amazing job keeping the 1st floor of JCK super clean, especially the bathrooms. She is very flexible to our needs in keeping our office and lobby vacuumed and dusted. After our long-time custodian, Janie Balles, retired there has not been any replacement that has managed to keep the standard of cleanliness Janie had, until Dora came along. It is quite noticeable when Dora is out for one day, much less a week or two. I imagine there is a standard for the job and based on the performance of her replacements when she is out, I would say Dora far exceeds those standards. She is simply the best custodian our floor has been assigned in a very, very long time."...Cynthia Castillo

~Kudos to Margie Flores! "I'm new to the department and it has been hard not to notice her amazing work ethic and friendly manner. She is proactive and takes initiative on so many tasks for not only our department but for the building. Our offices and bathrooms are always clean with much care, effort, and with much detail. I have never had any issues with her performance or her results. Recently, she cleaned an office with the help of David before even being asked. She is a prime example of how to be a great custodian and worker. The entire department and building values her hard work and presence and she is absolutely irreplaceable. I really want to let you know that she is doing a fantastic job!"...Nikki Hemera

~Kudos to Rodrigo Rodriguez and Connie Hughes! "Both of them were very helpful throughout the soap conversion process. They went above and beyond what I have come to expect from escorts provided to DIS. From the start they were more than willing to help us out. Both days they helped us prep dispensers when this was not expected of them. Throughout the whole process they continued to be helpful by placing new dispensers in restrooms ahead of us, boxing up old dispensers, and bringing us everything we required without being asked. Due to their willingness to help out we were able to finish the conversion faster than expected. I would also like to add that they both had great attitudes. This made working with them a pleasant experience. I want to thank Rodrigo and Connie for their hard work and helpfulness during the past two days. Throughout the conversion they helped us in ways that were not expected of them. Thank you for providing us with two great escorts. Matt and I appreciate all the help that Rodrigo and Connie provided to us during the whole process. I recommend having them escort contractors in your future projects."...Andrew Rankin, Dispenser Installation Specialists

~Kudos to Rodrigo Rodriguez, Maria Alvarez, Lupe Urrutia, and Rosie Ortiz! "I want to thank the wonderful workers who took such good care of getting the building ready for the beginning of the new semester. We can always count on you guys to take care of us."...Dr. Mary Brennan

~Kudos to Val Manero and Heather Bristow! "Major kudos to Val and Heather for keeping up with all the dust and renovations in Old Main over the summer. These ladies worked tirelessly to keep restrooms, floors and offices clean and presentable for all who entered the building. Please extend our thanks for their excellent work ethic and professionalism. We appreciate all of custodial operations for making Texas State a lovely place to study and work."...Lisa Heman
In April 2016, Danielle Elrod, Bonnie Corkran, Pascuala Roque, and Liz Mendez with FPDC Procurement were the winners of the FSS Quarterly Team Award for their efforts to stay in front of the changes imposed on purchasing guidelines via Senate Bill 20. The FPDC Procurement Group developed a set of guidelines which address a multitude of new requirements. The changes are as follows:

- Senate Bill 20 established new requirements for processing payments,
- New HUB forms,
- Posting of all contracts and POs of $15,000 and above,
- Developed holding files on a shared drive between Purchasing and CCAs,
- Construction Contractor Evaluation form,
- Checklist for Purchase Orders & Solicitation, and
- Categorized the bullet points as an explanation of Governor Abbot’s No-Bid Contracts.

In July 2016, Scott Rouse, Patsy Holtman, Frederick Maddox, Danielle Elrod, Pascuala Roque, Bonnie Corkran, Larry Miller, and Liz Mendez, were winners of the FSS Quarterly Team Award for their efforts in providing collective leadership in researching, developing, and producing the Texas State University’s Facilities Planning, Design and Construction Capital Project Manager’s Manual. The Project Manager’s Manual affords FPDC opportunities for improved service and delivery to the university.

In April 2016, Joe Alexandre was recognized by the CISEC Board of Directors and is now a Certified Inspector of Sediment and Erosion Control.

### Finish & Furniture Standards

FPDC is establishing a set of campus standards for all projects regarding finishes and furniture. This is a milestone.

Over 11 years ago President Trauth established the architectural style for the campus. Her selection was based on the model multipart we call Commons Complex. The mixture of Spanish, French, Italian, and Moroccan architecture around the Mediterranean Sea is found in the five buildings at Common Complex: Commons Dining, Beretta, Laurel, Brazos, and Brogdon. In a manner of speaking, Commons Complex is colonial and majestic. All new buildings reflect this architectural style but in a contemporary manner.

As the campus style has been established, the finishes and furniture need to be complementary. To achieve this, a new position has been created within FPDC: Interior Design Project Manager II. In keeping with our goal to produce quality work on a prominent campus we are going to endeavor to reach distinction with our finishes and furniture. Our interiors will be noticeably complementary to the campus’ architectural fabric. Cara Nowotny is here to serve Facilities and the Campus in this new position. Please remember to include Cara in the review of finishes and furniture recommendations.
JUST IN TIME AWARDS

The following Facilities employees received Just in Time Awards this quarter:

From Utilities:
Noah Alvarez
Neil Bascos
Eddie Brandon
Bryan Brassell
Martin Briceno
Adrian Buitron
Billy Butler
Charles Childress
Kurtis Crockett
Jesus Gomez
Harry Gonzalez
Jason Gutierrez
Joseph Hare
Emilio Hernandez
Lance Johnson
Wallace Jorgensen
Joey Kristoff
Mike Krouse
Tyler Melchiori
Stacia Moore
Larry Mutschler
Robert Norman
James Norton
Dennis Pennings
Ruben Prado
Michael Ramirez
Kevin Ryan
Hector Vasquez
Ruben Villareal
Steve Volk
Jay Wolfenbarger
David Wyly

From Custodial:
Mike Aleman
Maria Alvarez
Paula Alvarez
Bruce Banks
Heather Bristow
Blanca Castillo
Justin Cervantez
Michael Contreras
Jose Cordero
Frank Dempster
Olga Garza
Delia Gonzales
Maria Gonzales
Rodney Guerrero
Sally Harris
Maria Hernandez
Cindy Hidrogo
Connie Hughes
Adan Lomas
Val Marrero
Jeremy Nybro
Rosie Ortiz
Mary Pacheco
Rodrigo Rodriguez
Robert Roten
Manuel Salinas
Gina Sanchez
Miguel Sandoval
Janice Taylor
Lupe Urrutia
Phillip Vasquez
Jonas Villapando
Steve Williams
William Williams

From Grounds:
Jose Aguilar
Rolando Bolanos
Steve Burt
Adam DeLeon
Mario Garza
Albert Gomez
Robert Harrell
Derek Hurtado
Juan Maldonado
Joaquin Martinez
Chris Miller
Larry Peralta, Jr.
Larry Peralta Sr.
Sammy Perez
Joyce Phillips
David Sambrano
Greg Sanchez
Sandra Spotts
Baldemar Zuniga
Electro Zuniga

From Facilities Mgt.:
John Gaddis
Edie Harvey
Ana Hicks
Andrea Paxton
Karl Randow
Lindsey Sinner

From Facilities Ops:
Billy Bailey
John Brote
Connie Brownson
Bill Brymer
Barbara Bums
Jerry Cochran
Troy Corbett
Tommy Daugherty
Jerry DeLeon
Fredy Duran
Michael Gant
Tim Haley
John Hunnicutt
Richard Kelsey
Tommy Lawson
Volodymyr Leshchuk
Mike Machado
Larry Martinez
Marcos Martinez
A.J. McMillan
Larry McSwain
Woody Mendoza
Robert Mercado
David Pelata
Henry Perez
John Perez
Ray Rivera
Jose Rodriguez
Joseph Runyon
Mike Spivey
Travis Strouse
Lee Torres
Oscar Trevino
Andres Vasquez
Emmanuel Villareal
Kelly Vines
Beth Welch
Chad Welch
J. Chris Wilkerson

CONGRATULATIONS TO EVERYONE!

FSS Customer Service Award
Scott Rouse, CPM in FPDC, was one of the 2016 Customer Service Award recipients honored at this year’s Fall Kickoff.

CONGRATULATIONS, SCOTT!
Promotions, Transfers, and Reclassifications

- Augustine “Woody” Mendoza, from Painter I to Painter II, Facilities Operations
- Robert Alan “Al” Harrell, from Parking Services to Grounds Maintenance Worker II, Grounds Operations
- Nathan Lawrence, From Habitat Conservation specialist to Assistant Director, Grounds Operations
- Amos Aguirre, from A/C Mechanic to Instrument Technician, Utilities Operations
- Cara Nowotny, from CCA to Interior Designer, FPDC
- John Perez, from Crew Supervisor to Supervisor, Facilities Operations

Retirees

- Martha “Marty” Garcia, Custodian, June 1, 2016
- Linda Zant, Custodian, August 12, 2016
- Jose Aguilar, Head Grounds Maintenance Worker, August 31, 2016

Congratulations to this Year’s Facilities Scholarship Winners!

- Kara Eastwood, daughter of Roy Eastwood Utility Operations
- BreAnna Bailey, daughter of Bill Bailey, Facilities Operations
- Coby Brown, grandson of Jerry Cochran, Facilities Operations
- Zachariah Sambrano, son of David Sambrano, Grounds Operations
- Samuel Silva, son of Rose Silva, Custodial Operations
- Adrian Villarreal, son of Ruben Villarreal, Utility Operations
- Jeremy Huebner, son of Ann Huebner, Facilities Management

These hard working students will receive a $1,000 for the FY17 school year ($500 each semester, assuming criteria is met again in the spring).

We’d like to thank current and past employees that have so generously donated to the Facilities Scholarship Fund via fundraising (such as Family Campaign) making these scholarships possible. We hope you will consider this fund in your future donations to continue to keep the scholarship active.

Way to Go!

Santos Pineda was presented with the Rodrigo Rodriguez - Outstanding Custodian Award for 2016 at the Staff Council meeting on September 13, 2016 by President Trauth and the President of Staff Council. This award, created in 2009, is presented annually to a custodial staff member whose actions, deeds and work ethic over the previous year exemplifies overall excellence in service to Texas State University. Superior work ethics and commitment to job performance are the basis for this award. One recipient is selected each year from full time custodial staff members who exemplify these qualities. Ms. Pineda has been an outstanding employee with Custodial Operations since January of 1992.
**WELLNESS CORNER**

WellCats has released a new group training schedule for the fall. The new schedule is from Monday, August 29, 2016 to Thursday, December 15, 2016. The group training schedule is posted below with descriptions of each class. All classes are free. Bring a friend and try out a class that sounds interesting. Did you know WellCats offers free one-on-one nutritional consultation? They also offer physical fitness testing and behavior change coaching to help you reach your goals. Sign up for any of these and other offers by going to this website: [http://www.totalwellness-sanmarcos.com/texas-state-wellness.html](http://www.totalwellness-sanmarcos.com/texas-state-wellness.html)

---

**Group Training Schedule: August 29th – December 15th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:15 AM</td>
<td>Group Personal Training</td>
<td>Group Personal Training</td>
<td>Strength, Stretch, No Sweatl</td>
<td>Strength, Stretch, No Sweatl</td>
<td>Group Personal Training</td>
</tr>
<tr>
<td></td>
<td>Jowers Center Gym 219</td>
<td>Jowers Center Gym 219</td>
<td>Jowers Center Gym 219</td>
<td>Smith House Conference rm</td>
<td>Jowers Center Gym 219</td>
</tr>
<tr>
<td>11:30-12:00 PM</td>
<td>Strength, Stretch, No Sweatl</td>
<td>Strength, Stretch, No Sweatl</td>
<td>Strength, Stretch, No Sweatl</td>
<td>Strength, Stretch, No Sweatl</td>
<td>Non-Pretzel Yoga Jowers Center 8105</td>
</tr>
<tr>
<td>11:30-12:00 PM</td>
<td>@ Round Rock</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00-12:45 PM</td>
<td>Kick-Box Tone Jowers Center Gym 219</td>
<td>Step 'N Sculpt Jowers Center Gym 219</td>
<td>Zumba® Toning Jowers Center Gym 219</td>
<td>R.I.P.P.E.D. BEATZ Jowers Center Gym 219</td>
<td>Group Personal Training</td>
</tr>
<tr>
<td></td>
<td>Non-Pretzel Yoga Jowers Center Gym 8105</td>
<td>Yoga Jowers Center 8105</td>
<td></td>
<td></td>
<td>Jowers Center Gym 219</td>
</tr>
<tr>
<td></td>
<td>Aqua Rehab Aqua Sports Center Pool</td>
<td>Aqua Cardio + Yoga Aqua Sports Center Pool</td>
<td></td>
<td></td>
<td>Aqua Mix Aqua Sports Center Pool</td>
</tr>
<tr>
<td>12:15-12:45 PM</td>
<td>Mindful Movement &amp; Meditation LBI 4-1-9</td>
<td>Strength, Stretch, No Sweatl</td>
<td></td>
<td>Strength, Stretch, No Sweatl</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Aikikai 105/106</td>
<td></td>
<td></td>
<td>ASBN 408</td>
</tr>
<tr>
<td>12:30-12:45 PM</td>
<td></td>
<td></td>
<td>Mindful Movement &amp; Meditation Health Prof. Am 141</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15-6:00 PM</td>
<td>Aqua Cardio + Yoga Aqua Sports Center Pool</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:15 PM</td>
<td>Zumba® Jowers Center Gym 219</td>
<td>R.I.P.P.E.D. Jowers Center Gym 219</td>
<td>Nil Jowers Center Gym 219 (starts Sept. 14th)</td>
<td>Group Personal Training</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yoga Jowers Center 8105</td>
<td></td>
<td></td>
<td>Jowers Center Gym 219</td>
<td></td>
</tr>
</tbody>
</table>

*Indicates classes will alternate each week.

Note the following class changes:

- Wed. Aug. 31st, Strength, Stretch, No-Sweat at Aikikai will be replaced with Walk 'n Tone – please meet outside of the room
- Labor Day - Mon. Sept. 5th classes will not meet
- Wed. Sept. 21st, Strength, Stretch, No-Sweat at Aikikai will be replaced with Walk 'n Tone – please meet outside of the room
- Mon. Nov. 21st, Strength, Stretch, No-Sweat at Jowers will be replaced with Walk 'n Tone – meet on 1st floor at front entrance
- Thanksgiving Break - Wed. Nov. 23rd, Thurs. Nov. 24th, and Fri., Nov. 25th classes will not meet

WELLCATS services are provided by Total Wellness (Department of Health and Human Performance), Department of Physical Therapeutics, Nutrition and Foods (School of Family and Consumer Sciences), Worklife (Human Resources), and the Student Recreation Center.
WELLNESS (CONT’D)

Description of Group Training Classes

**WellCats** classes are designed for all levels of fitness & are taught in a non-intimidating environment by highly skilled instructors committed to providing safe & effective workouts. Our instructors will provide you with proper guidance so that coordination & experience are not necessary & will demonstrate modifications so you can set your own intensity.

**Land-Based Classes**

- **BEATZ** is a drum-based total body workout that combines high-energy cardio and strength movements fueled by powerful strikes using lightly weighted drumsticks.
- **Group Personal Training** is great for all levels of fitness, this session features resistance training, partner work, cardiovascular training, and a lot of muscle-burning fun!
- **Kick-Box-Tone** is an easy-to-follow, but challenging workout that combines intense anaerobic drills and over-all body conditioning exercises to burn a ton of calories and sculpt your body.
- **Nia** is a cardio based dance workout that blends dance, martial arts, and healing arts, to create a dynamic fitness and lifestyle practice that changes how people experience their body and exercise! Come dance, kick, stretch, and laugh with us! Experience the BLISS!
- **Non-Pretzel Yoga** requires no prior yoga experience. This class utilizes easy-to-follow movements to help you focus on breathing, meditation, and relaxation. No special attire is necessary.
- **R.I.P.P.E.D.** is a pre-choreographed, athletic-based workout that incorporates weights and cardio and is set to some
- **Step 'N Sculpt** improves cardiovascular health and muscular fitness through step aerobics and a variety of resistance training equipment (dumbbells, stability balls, weighted bars, etc.)
- **Strength, Stretch, No Sweat** is a 30-minute, low intensity class that requires no special attire. We can guarantee that you will leave the class feeling refreshed and ready to take on the rest of your day!
- **Yoga** is a moderately paced class is for all fitness levels. This class blends breath with movement and focuses on the fundamental yoga postures and principles in order to engage and build core strength, improve postural alignment, and invigorate the body and mind.
- **Zumba Toning®** teaches you how to blend body-sculpting techniques and specific Zumba® moves into a calorie-burning, strength-training workout.
- **Mindful Movement and Meditation** is designed for those looking for ways to slow down their thoughts, increase awareness and reduce stress. Class will begin with slow, mindful movement to get blood flowing, taking you to the present moment and will end in stillness where we will practice cultivating awareness through observation.

**Water-Based Classes** – Open to all levels of fitness & ability; no swimming skills necessary; low to no impact; enjoy the feeling of weightlessness in this joint friendly environment; improves circulation thus decreasing swelling & discomfort; water provides both resistance & assistance to movement; & is designed to increase strength, flexibility, mobility, posture, balance & endurance.
Wellness (Cont’d)

- **Aqua Cardio + Yoga** this class mixes a variety of cardio activities and yoga poses. It is designed to raise your heart rate, lengthen your tissues, reduce stress, and increase your awareness of your breath.
- **Aqua Mix** this class incorporates full body exercises of varying intensity in a fun, supportive environment. It is designed for people looking for a fresh take on the classic aquatic class.
- **Aqua Rehab** this class is designed for individuals starting an exercise program, those coming back to physical activity, and/or people looking for rehabilitation focused exercise classes. It is a slow to moderately paced class that includes light cardio, muscular strengthening exercises and stretching.

Degree of Intensity

Degree of Choreography

Hidden Question: Who knows when the picture on Page 1 was taken?
If you do, be the first to let Ann Huebner (ch30) know. She might just surprise you!

---

**Tech Corner**

**Contacting the Facilities Management Systems Group**

Facilities Management Systems Group (FM Systems) has added a new group email. **FMSystems@txstate.edu** will be monitored by the FM Systems department. All FM Systems employees will have access and will monitor the incoming emails.

At times, the FM Systems Group can be scattered about the physical plant and campus. Many times when you email one of us directly and we don’t answer, it is because we are out helping others. In these cases, it may take a little time before you get a response.

When you need help, please email **FMSystems@txstate.edu** with your questions and one of us will reply to you as soon as possible.

The Facilities Management Systems Group consists of Andrea Paxton, Rose Barry-Pryor, Phlatt Mclean and our current student workers (Mounica Mula and Nick Papachriston).

---

Friendly Reminders:
- Please remember to contact the FM Systems group for any computers (or parts), software, and printers that you would like to purchase!
- Please contact the FM Systems group for any technical computer issues you may encounter – prior to contacting ITAC.
UPCOMING EVENTS

- **Thursday, September 22**
  Autumn begins
- **Monday, October 10**
  Columbus Day
- **Sunday, October 16**
  National Bosses Day
- **Monday, October 31**
  Halloween
- **Sunday, November 6**
  Daylight Savings Time ends
- **Tuesday, November 8**
  Election Day
- **Friday, November 11**
  Veterans Day
- **Thursday/Friday, November 24 and 25**
  Thanksgiving holidays
- **Friday/Saturday, December 16 and 17**
  Commencement
- **Monday, December 19 thru Friday, December 30**
  Winter break (19-21 Energy Conservation Days)
- **Wednesday, December 21**
  Winter begins

Staff Recognition from Retention Management and Planning

FPDC student worker, Jasmine Najera, graduated Spring 2016. As part of the Graduating Student Recognition of Campus Support Program, she named **Amy Thomas** and **Pascuala Roque** as staff members who contributed significantly to her success and development during her academic career.

“...There is always a sense of accomplishment in knowing that your efforts during the past year have dramatically influenced the lives of one or more graduates. Throughout the year, you have given your time and talent to many students. It is dedicated individuals such as you that make a real difference in our student's academic and personal development. It is my pleasure to be able to thank you on behalf of the student whose life you have touched. The students appreciate it, and we in the Retention Management and Planning Office offer our thanks for helping make Texas State "The Rising Star of Texas"!

Dr. Jen Beck, Director
Retention Management & Planning

**CONGRATULATIONS AMY AND PASCUALA!**

Quality, Responsive Service: Making a Difference at Texas State

Facilities would like to thank all who contributed to this newsletter.