AVP’s Message

-Juan Guerra

In recognition of the superb support the entire Facilities organization put forth during this very busy and productive year, the 2012 Facilities Appreciation luncheon will be held at the LBJSC Ballroom on December 18. All Facilities employees are invited to attend the lunchtime festivities.

The entire Facilities organization continues to be extremely responsive to the needs of our customers responding to thousands of customer service requests, completing hundreds of repair and renovation projects, and completing a myriad of preventive maintenance tasks throughout the year. Additionally, the entire organization contributed to the successful execution of an ambitious capital program that resulted in the recent completion of seven major construction and renovation projects including the new Undergraduate Academic Center, the North Housing complex, the North Stadium expansion, the new Housing and Residence Life Office and Maintenance complex, the new STAR Park research building, and the renovations of Lampasas and Commons Hall all totaling more than $160 Million in project expenditures. Another $185 Million is still underway including the construction of the Performance and Recital Hall complex and replacement of the south campus utilities infrastructure, the renovations of the Comal (aka Psychology) building, the renovations of the Brogdon Residence Hall, upgrades of the electrical infrastructure, replacement of the Old Main roof, and construction of a new 578 bed Residence Hall in West Campus, and planning for the construction of the new Engineering and Science complex. Through it all, the entire Facilities staff collectively pulled together to consistently provide first class support to ensure our students, faculty, staff, and guests had a positive and memorable experience on our campus.

The coming year will bring more growth and change to the campus as our academic and research programs continue to flourish with the recent reclassification of Texas State as an Emerging Research University, federal designation as a Hispanic Serving Institution, and entry into the Football Bowl Subdivision. I am confident that our maintenance and utilities crews, custodians, grounds keepers, construction and support staff will continue to rise to the occasion and make a difference on campus each and every day. Thank you!
Texas State University - San Marcos

FACILITIES

Teamwork at Commons
After months of remodeling, shortly after their grand opening, the cafeteria experienced a tremendous leak due to a pizza oven setting off a sprinkler head that threatened to shut them down. Not to worry, Facilities came to the rescue.

Tanner Craigen, Ramona Nevar ez, Fermin Torrez & Olga Garza assist in the cleanup.

Steam is on the RISE
UAC as geyser like plumes rise from a smashed steam line.

Facilities Steam Shop employees on the job assisting the contractor.

Let there be Steam
Xavier Lopez and Steve Marlow celebrate finishing up the resumption of steam service to the FCS building after repairs and restoration of the second floor from a steam coil rupture and replacement of building controls. Yes, the pipe wrench was removed from Mr. Marlow as it was a danger to him and those around him. Great team work from the steam shop, custodial services, technical services, risk management, contractors, Terry Taylor with Facilities Management, and special projects David Morris.

Santos Pineda doing her best!

MANAGING STRESS
-MaryAnn Hollingsworth

If your days are anything like mine then you know that stress can be part of a daily routine.

First, recognize stress: Stress symptoms include mental, social, and physical manifestations. These include exhaustion, loss of/increased appetite, headaches, crying, sleeplessness, and oversleeping. Escape through alcohol, drugs, or other compulsive behavior is often an indication. Feelings of alarm, frustration, or apathy may accompany stress.

Stress Management is the ability to maintain control when situations, people, and events make excessive demands. What can you do to manage your stress? What are some strategies?

Look around See if there really is something you can change or control in the situation.
Texas State University - San Marcos  

FACILITIES  

Set realistic goals for yourself  
Reduce the number of events going on in your life and you may reduce the circuit overload.  

Remove yourself from the stressful situation  
Give yourself a break if only for a few moments daily.  

Don't overwhelm yourself  
Don't fretting about your entire workload. Handle each task as it comes, or selectively deal with matters in some priority.  

Don't sweat the small stuff  
Try to prioritize a few truly important things and let the rest slide.  

Learn how to best relax yourself  
Meditation and breathing exercises have been proven to be very effective in controlling stress. Practice clearing your mind of disturbing thoughts.  

Selectively change the way you react  
but not too much at one time. Focus on one troublesome thing and manage your reactions to it/him/her.  

Change the way you see your situation; seek alternative viewpoints  
Stress is a reaction to events and problems, and you can lock yourself in to one way of viewing your situation. Seek an outside perspective of the situation, compare it with yours and perhaps lessen your reaction to these conditions.  

Avoid extreme reactions  
Why hate when a little dislike will do? Why generate anxiety when you can be nervous? Why rage when anger will do the job? Why be depressed when you can just be sad?  

Do something for others  
to help get your mind off yourself.  

Get enough sleep  
Lack of rest just aggravates stress.  

Work off stress  
with physical activity, whether it's jogging, tennis, and gardening.  

Avoid self-medication or escape  
Alcohol and drugs can mask stress. They don't help deal with the problems.  

Begin to manage the effects of stress  
this is a long range strategy for adapting to your situation, and the effects of stress in your life. Try to isolate and work with one "effect" at a time and don't overwhelm yourself. For example, if you are not sleeping well, seek help on this one problem.  

Try to "use" stress  
If you can't remedy, nor escape from, what is bothering you, flow with it and try to use it in a productive way.  

Try to be positive  
Give yourself messages as to how well you can cope rather than how horrible everything is going to be. "Stress can actually help memory, provided it is short-term and not too severe. Stress causes more glucose to be delivered to the brain, which makes more energy available to neurons. This, in turn, enhances memory formation and retrieval. On the other hand, if stress is prolonged, it can impede the glucose delivery and disrupt memory."  

Most importantly: if stress is putting you in an unmanageable state or interfering with your schoolwork, social and/or work life, seek professional help.  


Recipients for the Excellence in Diversity Awards for 2012:  
Dr. Laurie Fluker, Professor, School of Fine Arts and Communication, and  
Mr. Joseph Piazza, Training Specialist, Facilities Management.  
Joe, congratulations on receiving this award. It’s a tribute to your dedication to the FSS Diversity committee and commitment to diversity. Well Done, Juan  

These awards are given annually to one faculty member and one staff member who provide exceptional commitment to diversity at Texas State University by promoting the university’s diversity goals.  

City News  

The city has been working for several months to complete a water line next to the Physical Plant.  

Electric KUDO
Texas State University - San Marcos
FACILITIES
TO: Johnny Picassio in the electric shop
FROM: Kim Truesdell at Hines, the school of Criminal Justice.
“The electricity had gone out in part of my office, and I called Facilities for assistance. A technician arrived within minutes (what service!) and discovered my surge protector had turned off my computer and printer.”

PROMOTIONS!

Joel Bermea has been with the university for 15 years and was recently promoted to Head Stores Clerk.

Jerry DeLeon was recently promoted to Supervisor, Electrical Shop.

Doug Bynum was recently promoted to Manager, Operations and Energy.

Physical Plant

Travis Strouse & AJ McMillian

Halloween?!

Nope, just testing for leaks in Sessom Creek

Nope, just Richard and Travis playing with bats again.

Marcus Pacheco was recently promoted to Supervisor, Custodial Operations.

Jeremy Nybro was promoted to Crew Supervisor, Custodial Operations.

Roy Eastwood was recently promoted to Supervisor, Plant Maintenance.
Texas State University - San Marcos
FACILITIES

**MUSIC AWARDS**

Lyndsey Torrez, son of Fermin and Ann Torrez, and his band *Westbound 21* won East Texas Country BAND OF THE YEAR!

**Aviana Burkepile** daughter of Mike Burkepile won the *San Marcos has Talent* finals held at the San Marcos Chamber of Commerce 110th annual Awards Gala. Aviana is a 14 year old freshman at Hill Country Christian School. She has a passion for voice, theatre and dance. She enjoys singing and listening to many genres of music. She has appeared in roles for *West Side Story*, *Phantom of the Opera*, *Annie*, *Anything Goes* and *The King and I*. She is a member of the A-Team with Lee Colee’ Studios. Aviana was recently selected from nominees from across the US and Canada to sing with the 2012-2013 American High School Honors Choir at Carnegie Hall.

**INTERNATIONAL HOUSEKEEPING WEEK**

Custodial celebrated this year with a Mardi Gras theme and guest speaker Dr. Denise Smart.

**HIGHER EDUCATION**

The wife of Joel Trevino, Supervisor, Grounds, will be graduating with a masters in counseling from Lamar University on December 15, 2012. Congrats to her on her major accomplishment.

**DROID COMMERCIAL**

Looks like Steve Marlow’s daughter is continuing on her chosen career path landing the lead in the recent Droid cell phone commercial. Congrats, Stephie!

**CUSTODIAL MANAGEMENT ASSOCIATION OF TEXAS...**

recognized Connie Hughes, Martin Mercado and Phillip Vasquez from Texas State as Employees of the Year at their 2012-2013 annual educational conference.

**ARBOR DAY**

Looks at all the Supervisors that turned out to turn a spade and plant a tree.

**SUPER BOWL CHAMPS**

Jay Cody

David Sanchez

Fermin Torrez & Jon Gaddis
Head Coach **Phillip Williams** and Assistant Coach **Marcus Pacheco** lead their Senior Oilers to a decisive 12 to 6 victory in overtime against Lockhart. Congratulations!

**Staff Council Award**

Congratulations to **Delfia Chavarria** as she is presented with the **Customer Service award** by President Denise Trauth and April Barnes, President of Staff Counsel.

**KEEPING IT REAL AT MITTE ART**

**Jerry Alls**, Custodian from the L Noche Knights team has been providing food for thought for students for almost 4 years. “Custodial Corner” began when Jerry was working on 4th floor at MITTE Art, and noticed a bulletin board that was always empty. He was talking to Professor Jeff Dell one day and asked him if he could put some album covers up, because he thought the art students might like to see some of the art work that was done for album covers. Professor Dell gave the go ahead and he’s been doing ever since.

Jerry has been collecting albums since he was 12 years old and says he has about a 1000 of them. He still collects them today, finding them at garage sales and flea markets. Professor Dell plans to start a blog so that he can post photos of the album covers online.

Jerry changes the albums on display in the “Custodial Corner” about once a week and has not repeated one yet.

**SHOP KUDOS**

Just wanted to thank **Juan Picasio & David Smith** on the great job they did in restoring power to our pump motor at the Boiler Plant. - Xavier Lopez

I just wanted to take a second and share with you how much help **Jerry De DeLeon, and his crew**, have been in getting the Comal Building project underway. All of the shop crews have been extremely responsive, courteous, and helpful. –Mike Jones

**TRIVIA**

How many total gallons of trash from 44 gallon trash bags did Custodial Operations collect in the past 12 months?

Send answers to Kim Graves at kg04@txstate.edu. Correct answers will go into a drawing for a gift certificate to be awarded in January 2013.
Texas State University - San Marcos

FACILITIES

**Grounds at Work!**

Rick Rodriguez and Guy Pardo working to ready a lunch/break area at Facilities that should be ready by Spring. Thanks guys.

**Recycling Salutes Teamwork**

"Thank you very much for the help this weekend (8/18-19/12)." Please thank Michael Contreras, Dwight Garza and Lisa Coker on behalf of all the recycling crews. They are excellent team players. Mario A. Garza
Supervisor Recycling & Waste Management Services

Congratulations to Jim and Kim Petty married October 26, 2012 in Bastrop Texas. Jim is the son of Michael Petty, Director of Planning Design, and Construction. Congratulations to them both as they embark on their new life together.

**Thank You for your SERVICE!**

Congratulations to Eddie Suarez son of Edward Suarez. He is a graduate of the USMC as of November 2, 2012 at Camp Pendleton, CA. Further congratulations go out as he successfully completed his Eagle Scout Board Review. Congratulations Eddie on all of your accomplishments. Good luck on your bright future.

Sgt. Marc and Heather Rodriguez from San Marcos stationed at Ft. Drum NY, Army from his Military Ball. Marc will be deployed to Afghanistan January 10th. Proud mama Ana Hicks asks for prayers for the couple as they are expecting their first baby Dec 24th.

To submit information or comments, please contact Kim Graves, editor at kg04.

Bobcat Bobbie is used with permission of Athletics and Bryan Miller