

# THE FACILITATOR

NOVEMBER/DECEMBER 2009

## PREVENTING THE SWINE FLU: MYTHS AND RECOMMENDATIONS

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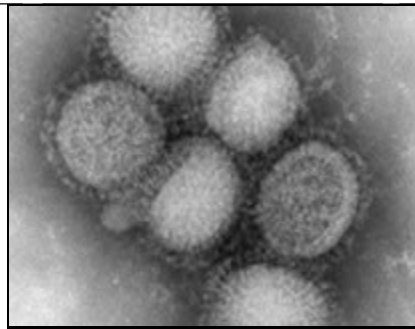
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### QUOTE OF THE MONTH:

**"As we struggle with shopping lists and invitations, compounded by bad weather, it is good to remember that there are people in our lives who are worth this aggravation, and people to whom we are worth the same."**

With winter around the corner and the flu season in full swing, there is a new virus on the rise. H1N1, commonly known as the Swine Flu, is a recently discovered strain of the flu virus which was declared an epidemic by the World Health Organization in June of this year. Symptoms are similar to those of the seasonal flu and include runny or stuffy nose, cough, fever, sore throat, chills, headaches and body aches. Although both swine and seasonal flu are contagious diseases, following a few simple, common sense steps can help prevent the spread of the virus and keep you and your family healthy this holiday season.

- Frequent hand washing. This action cannot be stressed enough. Several times each day, individuals should wash hands with soap and warm water for at least 20 seconds. If soap and warm water are not immediately available, an alcohol-based sanitizing gel such as Purell will



**Up close and personal: H1N1**

- also kill germs.
- A "hands-off-the-face" policy. Touching a surface carrying the influenza virus and then touching your face is one of the most common ways of catching the flu. Germs spread through the eyes, nose and mouth.
- Gargle twice a day with warm salt water or mouthwash. This prevents proliferation of the virus in the throat and mouth.
- Clean your nostrils each day with cotton swabs dipped in warm salt water. This prevents the virus from taking up residence in your nasal cavities.

- Boost natural immunity with foods rich in Vitamin C. If you take Vitamin C supplements, be sure that they also contain Zinc to increase C absorption.
- Drink as much warm liquid as possible. This has the same effect as gargling, but in the opposite direction. Drinking warm liquid washes viruses out of the throat and into the stomach where they cannot survive.

If you have the Swine Flu or begin exhibiting symptoms, remember to cover your nose and mouth when you cough or sneeze. The Center for Disease Control recommends staying home for at least 24 hours after a fever has disappeared, to ensure that the virus is completely gone.

A vaccine has been developed for H1N1 in both the form of an injectible shot and a nasal mist. A swine flu vaccine clinic will be held on campus at no cost for UT students, faculty, staff **(Continued on page 2)**

**NOVEMBER BIRTHDAYS** 

Randall Hanson—11/1  
 James Martin—11/1  
 Jackie Summey—11/1  
 Jerrald Limbaugh—11/2  
 Kenny Miller—11/2  
 Heather Idle—11/4  
 Ali Virtanen—11/4  
 Alma Fuentes—11/5  
 Tim Tomlinson—11/6  
 Dustin Webb—11/6  
 Derek Bailey—11/7  
 Harry Moore—11/7  
 Hazel Norris—11/7  
 Wylie Smith—11/7  
 Willie Battle—11/8  
 James Graham—11/8  
 William Miracle—11/9

Edward Roach—11/10  
 Gregory Parton—11/11  
 James Rogers—11/11  
 Yunni Yang—11/11  
 Debra Brock—11/12  
 Joe Johnson—11/12  
 Phillip Sise—11/12  
 Jerry Rutherford—11/15  
 Bryan Shirk—11/15  
 Alex Johnson—11/16  
 Crendel Wees—11/16  
 Archie Hurst—11/19  
 Trish Richards—11/19  
 Ruby Page—11/20  
 Jess Perrin—11/20  
 Derek Fuller—11/21  
 Ernie Harbin—11/21

Randy Longmire—11/21  
 Harvey Mahan—11/21  
 Johnny Monahan—11/21  
 Lester Carver—11/23  
 Christian McDaniel—11/23  
 Ackron Porter—11/23  
 Anthony Sharp—11/25  
 Kevin Garland—11/26  
 Phillip Keener—11/26  
 Dennis Lee—11/26  
 Larry Noe—11/26  
 Jonathan Fields—11/27  
 Sherwin Taylor—11/27  
 Paula Click—11/29  
 Angela Jones—11/29  
 Brian Rowe—11/30

**DECEMBER BIRTHDAYS** 

Jarvis Hines—12/1  
 Mickey Walker—12/1  
 Terry Miolen—12/2  
 Tommy Oakley—12/2  
 Mary Saffell—12/2  
 David Tallent—12/2  
 Stuart Mitchell—12/4  
 John Williams—12/4  
 Kevin Jolly—12/6  
 Gary Nichols—12/7  
 Jonathan Parigin—12/7  
 Jeffrey Monger—12/9  
 Joyce Robinson—12/10  
 John Beeler—12/13

Luther Holloway—12/14  
 Charles Meredith—12/14  
 Sherri Satterfield—12/14  
 David Wright—12/14  
 Leon Cannon—12/15  
 Albert Davis—12/15  
 Timothy Brooks—12/17  
 Barry Mitchell—12/17  
 Brittany Hurst—12/19  
 Randall Nicely—12/19  
 David Duncan—12/21  
 Ronald Kidd—12/21  
 Edward Jeter—12/23  
 Kenneth Keck—12/23

Clarence Bowles—12/24  
 David Crigger—12/25  
 Chris Mabe—12/25  
 Mary Jo Shermer—12/25  
 Christopher Smith—12/25  
 George Clevenger—12/27  
 Wes Willoughby—12/28  
 Samuel Caughron—12/29  
 Jason Cottrell—12/29  
 Edward McDaniel—12/29  
 Daryl Roe—12/29  
 Monte Seymour—12/29  
 Anthony Crabtree—12/30

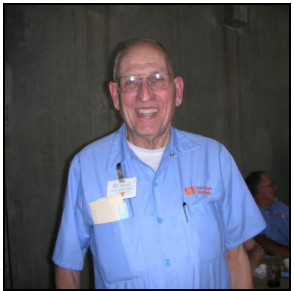
**SWINE FLU (CONTINUED FROM PAGE 1)**

and their families. The clinic will take place at TRECS sometime in the very near future, and all UT staff members will be notified when the clinic date has been finalized. For more information on the flu vaccine

clinic, contact Jim Boyle with Student Health Services at 974-3135 or [jboyle2@utk.edu](mailto:jboyle2@utk.edu). For more information on the swine flu, go to <http://www.cdc.gov/h1n1>.

**GREEN TIP**

Instead of buying new wrapping paper, get creative! Wrap your holiday gifts in newspaper, old maps, or wrapping paper that you've saved to reuse. After you open gifts this year, save the wrapping paper to reuse next year. You'll save money and resources!



**Correction.**

In the September/October issue of The Facilitator, it was printed that Tom Brimer frequently told co-workers “Happy Jesus Christ, love Walmart and feel great!” In fact he was saying “Happy in Jesus Christ, love him with all my heart and feel great!” We apologize for the error.

## UT PRESIDENT VISITS FACILITIES

Each year the UT President and UT Knoxville Chancellor make visits to different areas of campus, discussing the state of the university and taking questions from employees. On October 6th Interim President Jan Simek

and Chancellor Jimmy Cheek came to Facilities Services for an informal breakfast Q&A. Among the issues discussed were rate of pay, electronic pay stubs, the state of the economy, and job security.

## VACANCIES

Estimator—Architecture & Engineering  
 CAD/Design Operator—Special Projects  
 Assistant General Maintenance Craft Worker—Steam Plant  
 Senior Steam Plant Operator—Steam Plant  
 Carpenter (4)—Carpentry Services  
 Senior Cabinetmaker—Carpentry Services  
 Administrative Support Assistant II—Carpentry Services  
 Senior Electrician (2)—Electrical Services  
 Craft Assistant II—Electrical Services

Craft Supervisor III—Electrical Services  
 Senior Locksmith—Lock & Key Services  
 Service Aide II (2)—Building Services  
 Custodial Foreman (2)—Building Services  
 Service Aide I—Building Services  
 Service Aide II—Care of Grounds  
 Welder—Care of Grounds  
 Service Aide II—Sanitation Safety  
 Service Aide II (3)—P/M (Arena)

## PERSONNEL CHANGES

### Retiring

Jerry Winkle—Maintenance Specialist, Preventive Maintenance

### Transfers & Promotions

Gary Duncan—Carpenter II to Senior Carpenter, Carpentry Services

Joel Gilliland—Service Aide II, Building Services to Craft Aide, A/C Services

Eric Honeycutt—Assistant General Maintenance Craft Worker to Senior Steam Plant Operator, Steam Plant

Jason Hughett—Service Aide I to Service Aide II, Building Services

Richard Jones—Service Aide I, Building Services to Craft Aide, Plumbing

Chris Mabe—Lawn Gardener to Foreman, Grounds

Melissa Murray—Service Aide I to Service Aide II, Building Services

James Nipper—Service Aide I to Service Aide II, Building Services

Barbara Sapp—Service Aide I to Service Aide II, Building Services

Larry Stalans—Welder to Senior Heavy Equipment Operator, Grounds

### New Faces

Samantha Alden—P/M (Athletics)

Duane Atkins—Grounds

Derek Bailey—Pest Control  
 Darrell Bales—A/C Services  
 Steve Brabson—Preventive Maintenance  
 Sam Caughron—Carpentry Services  
 Mahmoud Dalal—P/M (Athletics)  
 Jonathan Fields—Grounds  
 Alma Fuentes—Building Services  
 Derek Fuller—Preventive Maintenance  
 Chris Hammock—Building Services  
 Ashley Hughes—P/M (Arena)  
 Michelle Johnson—Building Services  
 Jamar Jones—Building Services  
 Judy Jones—P/M (Arena)  
 Sheri Moyers—Building Services  
 James Parks—A/C Services  
 Joseph Parrott—Steam Plant  
 Tammy Roe—Building Services  
 James Scott—Steam Plant  
 Patrick Smith—Building Services  
 Wylie Smith—P/M Athletics  
 Debra Smithers—Building Services  
 Laura Stranos—Architecture & Engineering



Facilities Services employees chat with UT Knoxville Chancellor Jimmy Cheek and Interim President Jan Simek during the President's annual campus tour.



Grounds Services employees Shane Posey and Ackron Porter were recently featured in the Knoxville News-Sentinel in a story on campus recycling. UT Knoxville's recycling program has grown significantly over the past several years due in large part to Environmental Coordinator Jay Price and members of the grounds staff. On average, nearly 10,000 pounds of recyclables have been collected at each home football game this season. To find out more, go to <http://www.knoxnews.com/photos/2009/oct/30/69892>.

Check out the Facilities Services web page!

<http://facilities.utk.edu/>

YOUR BI-MONTHLY "FIX" OF FACILITIES NEWS AT THE UNIVERSITY OF TENNESSEE

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 Facilities Services Department  
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 Knoxville, TN 37996-3010

With suggestions, corrections, and comments, contact:  
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THE FACILITATOR

AVOID PHISHING

It turns out that being the Director of the FBI doesn't make you immune to phishing expeditions! By his own admission, Director Mueller fell for a phishing scam that looked like an e-mail from his bank requesting that he verify some information. He caught himself just a few clicks short of giving up the goods. His wife has since banned him from online banking!

If the top crime fighter in the nation can fall for a phishing scam, so can you. The only surefire way to ensure that you don't end up in this type of situation is to be vigilant and suspicious of any e-mail asking you to "verify" your credentials. OIT, your bank, your credit card companies, and anyone else with sensitive information about you stored electronically already knows who you are and will not ask you to verify credentials. Be smart—don't be a phish!

UPCOMING EVENTS: NOVEMBER

UPCOMING EVENTS: DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings Fall Back	2	3 Non-Exempt Staff Paychecks 	4	5	6 4 p.m. Homecoming parade	7 Homecoming game 			1 Non-Exempt Staff Paychecks 	2	3	4	5
8	9	10	11 Veterans Day 	12	13	14	6	7	8	9 Secretaries' Luncheon	10	11	12 Hanukkah Begins 
15	16 Last day to donate to Muscular Dystrophy! See Jon Young for more information.	17 Non-Exempt Staff Paychecks 	18	19	20	21 Home game 	13	14	15 Non-Exempt Staff Paychecks 	16	17	18	19
22	23	24	25	26 Thanksgiving NO WORK	27 NO WORK	28	20	21 Winter begins	22	23	24 Exempt Staff Paychecks 	25 Christmas NO WORK	26 Kwanzaa Begins
29	30 Exempt Staff Paychecks 						27	28 NO WORK	29 NO WORK	30 NO WORK	31 New Year's Eve NO WORK		