

November 2011

**Congratulations to B.E.S.T. for the Month of November**



**Alice Courts**  
**First Shift**



**Ricky Gilmore**  
**Second Shift**

Happy Anniversary

Robert Goins	20
John Pearce	19
Don Williamson	19
Diana Logan	11
Sam Locklear	09
Gualberto Morales	09
Sherry Stevens	09
Guy McGayhey	08
Vernell Rankins	08
Patricia Dority	07
William Mansfield	06
Jim Mohr	06
Genero Perez	05
Mark Cable	04
John Tinnin	04
Edward James	01
Robbin Smith	01

**Congratulations**

Congratulation to John Pearce, Facility Services. He has received his recertification for Certified Executive Housekeeper. John is certified for three years. **Ada Baldwin-Manager of Facility Services.**

Congratulations to Ronald Burford for his promotion from the Recycling Department to the Grounds Department. **Mary Carter-Facilities Operations**

**New Hires**



**Gary Denny**  
**Utilities Division**



**Daniel Little**  
**Facility Services**

Famous Quote: "Coming together is a beginning. Keeping together is progress. Working together is success."  
**Henry Ford-July 30, 1863-April 7, 1947**

<b>OCTOBER SAFETY STATISTICS</b>	
October Accidents/Injuries	3
Days Since Last Accident	11
Safe Days Record (since 1/1/10)	34
<b>Safe Days Goal</b>	<b>60</b>
<b>For Year Ending 10/31/11:</b>	
Number of Accidents/Injuries	35
Accident/Injury Rate (# of Accidents/# of Positions)	14.5%
Restricted Work Days	52
Lost Work Days	267
Lost Work Days - Equivalent # of Positions	1.03
-	
Accident/Injury Rate By Section:	
OWRR	20%
Grounds	20%
Facility Services	17%
Utilities	15%
Administration	10%
Buildings & Trades	3%
Most Common Type of Injury:	
Strains and Sprains (49% of all injuries)	

**Safety Tips:**

In an effort to minimize the chance of back injury and to help eliminate unnecessary hazard, the following basic principles are useful.

To guide the design of everyday lifting tasks:

- Use proper lifting techniques when manually lifting materials. Spread your feet slightly apart, bend your knees, keep your back arched and the load close. Grip the object with a firm grasp. Use your strong leg muscles instead of the weaker and smaller back muscles to bring you and the load to a standing position. Make the lift under control. Do not make quick jerky moves.
- Move material once. Plan jobs so you avoid lifting and lowering the same material several times.
- Use the force of gravity when possible. Convert lifting/lowering tasks into pushing/pulling.
- Avoid extreme body joint movement.
- Avoid static muscle loading (exertion without movement).
- Give support to the body.
- Do not complete tasks that require extreme twisting or reaching behind you.
- Plan lifts so that they take place between waist and shoulder height.
- Use tools or personal protective equipment to reduce vibration.

**Hoyte Phifer-Facilities Operations**

## SUSTAINABILITY SPOTLIGHT

Each year more than 380 billions plastic bags are produced just for use in the United States. Plastic bags are generally made from polyethylene and will take over 1,000 years to biodegrade in the landfills. Less than 35% of these bags are recycled. The rest will be thrown away, either to pollute the landscape or put into the landfills. It is easy to reduce the use of plastic bags, take a cloth bag or one made from plant-based material to use each time you go to a store.

There is new life for plastic bags. Artists and crafters have experimented with plastic bags for years. Virginia Fleck of Austin, Texas, hopes her work raises awareness about how the bags pollute the environment. She also likes the idea that something so pedestrian can be fashioned into high art. She creates vibrant, color-charged mandalas by layering plastic bags one on top of each other. From a distant, they appear to be fabric wall hangings. She been making her mandalas which range in size from 3 to 9 feet in diameter, for a decade. They take a month or more to build and cost between \$3,000 and \$9,500 each. She also sells prints of her work.



**Mandalas made  
From plastic bags**



This dress is Cathy Kasdan's thesis project at Kent State University Textile Department. The dress is all hand knit from grocery bags that were from result of actual trips to the grocery store. The plastic bags came in about 1950's along with futuristic optimism about America, so I made a "typical" 1950's ensemble complete with pillow hat, and purse.

There are many items that can be made from plastic bags such as plastic yarn. The plastic yarn can be crochets into totes, doll dresses, cellphone holders, pot scrubbers, even a Christmas stocking. When you throw away a plastic bags, you could be making a piece of art or items for a craft show. You can go on line and see all the beautiful items made from plastic bags at [www.etsy.com/blog/en/2008/fusing-plastic-bags-with-the-etsy-labs](http://www.etsy.com/blog/en/2008/fusing-plastic-bags-with-the-etsy-labs).

UNCG is not currently able to recycle plastic bags on campus. Lowe's, Harris Teeter and Targets are able to recycle plastic bags in their stores. Plastic bags are problem at landfills because they "take flight" so easily. Reuse of bags is an important way to keep plastic bags out of the landfill. However limiting plastic use and using reusable bags at your grocery store and for other shopping is the best way to limit plastic bag pollution.

**Ben Kunka– Environmental Specialist**

## Safety Tips for the Holidays

- Don't let the rush and excitement of the holiday season make you careless in protecting your home from potential criminals.
- The holiday season is a time when busy people can become careless and vulnerable to theft and other holiday crime.
- Be extra cautious about locking doors and windows when you leave the house, even for a few minutes.
- When leaving home for an extended time, have a neighbor or family member watch your house and pick up your newspaper and mail or have your paper stopped and mail on hold until you return.
- Indoor and outdoor lights should be on an automatic timer.
- Leave a radio or television on so the house looks and sounds occupied.
- Large display of holidays gifts should not be visible through the windows and doors of your home.
- When setting up a Christmas tree or other holidays display, make sure doors and passageways are clear inside your home.
- Be sure your Christmas tree is mounted on a sturdy base so children, elderly persons or family pets cannot pull it over on themselves.
- If you use lights on your Christmas tree ensure the wiring is not damaged or frayed. Frayed or damaged wiring can cause a fire.
- Place your Christmas tree in water or wet sand to keep it green.
- Never place wrapping paper in your fireplace.
- Before your trip, leave a copy of your travel itinerary with a family member or trusted friend.
- If you are traveling out of state, check on road conditions and weather advisories.
- Maintain at least a half tank of gas.
- Never pick up hitchhikers.



**Employee Spotlight:**  
**Ben Kunka - Office of Waste Reduction and Recycling (OWRR)**

I was born in Pittsburgh, Pennsylvania in 1981 and I was the first child in my family. Shortly after my family moved to Libertyville, IL (a northern suburb of Chicago) my only sibling Emily was born in 1984. We all moved to Cary, NC when I turned 10 so I consider myself to have grown up in NC. I always played soccer growing up, and I also wrestled. In High School I was never the best wrestler but my teammates voted me as Co-Captain of the wrestling team for two years. After High School I attended UNC-Asheville. After tinkering with several courses of study I ended up with a minor in Economics, a BA in Spanish and a BS in Environmental Studies. My main focus was in Environmental Studies because it allowed me to study chemistry, biology, psychology, public policy and economics all at the same time; my concentration was in Natural Resource Management. For fun at UNCA I was the University Mascot, Rocky the Bulldog, and I studied abroad in Ecuador.

My career path started with an internship with a non-profit organization that focused on getting clean drinking water for marginalized communities in western NC. Later I interned with Wake County's Solid Waste Division where my love for all things garbage and recycling bloomed. I enjoyed the big "toys" used in solid waste handling and being an advocate for folks to protect natural resources. Many times I dressed up as a piece of paper or bottle mascot to go to school assemblies and public events to teach folks about how to recycle correctly. I've been described as a gregarious introvert.

In 2006 I started working with UNCG's OWRR as a supervisor. I enjoy being able to interact with a wide variety of people on campus, since trash and recycling impacts everyone. I feel waste reduction is my vocation and I am very fortunate to have a job that fits my passions so well. The friendly family atmosphere at UNCG is another big reason I enjoy working at UNCG. I am blessed to have the best crew at UNCG. They are easy to work with and make our department and UNCG look good.

In early 2008 I met my future wife on an online dating site, e-Harmony. Exactly one year after meeting I proposed to her at the exact same bench in Center City Park in downtown Greensboro with a ring made out of "recycled content" from our grandmothers' rings. My wife Jenn is a librarian at a local high school and an online Latin teacher. We are both big cat lovers and have 3 cats at home.

On November 14<sup>th</sup> 2011 we welcomed our first child, Sofia Grace Kunka, into our world. Being a Dad is something I always wanted to be. While I still have much to learn about parenthood, I am enjoying our family's new addition immensely. Having a healthy daughter and loving wife is truly a blessing!

Every day I try to learn something new and commit a random act of kindness to unsuspecting people. I get a kick out of seeing people smile and laugh.

**Ben Kunka-OWRR**