

# Staff News February 2007

Volume 2, Number 2

PIKES PEAK REGIONAL BUILDING DEPARTMENT

## de-stressing

check out tips from

Bob Daryl Dorothy  
Jeannine Kristy  
Kye Mary Ron

## spotlight

Russ Kauk  
Plan Reviews

## celebrate

Birthdays  
Anniversaries  
Promotion

## rocky horrors show

Flu & Strep debut —  
what you can do!

## sweet heart deal

Healthy ♥ Challenge

## give yourself credit!

Reach Your Peak



Snowman by artist Daniel Klahn

### cover art

The snowman in top hat is a sunny inspiration drawn by Daniel Klahn, 7-year-old grandson of Marlene Klahn. Daniel also enjoys playing hockey and sledding. Thank You!

### fire victims fund

RBD employees contributed \$755 to assist people who lost their homes and belongings in the Jan. 16 fire at Castle West Apartments. Your contributions were delivered to the American Red Cross on Jan. 22. Thanks to Owen Graff for coordinating the effort, and all of you who contributed!

### congratulations!

Blake Nunnelley was promoted to Senior Building Inspector, joining the division leadership team of Building Inspection Supervisor Jim Pepper and Senior Building Inspector Frank Atchison.

### rocky horrors show

The County-City Employee Medical Clinics have seen several cases of Strep Throat and Flu. If you have symptoms consult your medical provider, or call the clinic for tests. In addition flu vaccines are available.

Downtown Clinic 520-7080	East Clinic 520-7600
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### brain teaser

What phrase is shown in this figure?

**S-n-o-w**

## HEALTHY RESOLUTIONS CHALLENGE

*Improves mind, body & heart*

Enter your credits by February 19, 2007

The Healthy Resolutions Challenge encompasses your mind, body, and heart and incorporates daily personal relaxation, exercise, and healthy eating. The goal is to accumulate 50 points by Feb. 12 to receive 5 Credits. These credits will help you earn the 40 or 50 points needed at the end of the year to receive \$200 or \$250, respectively, in your flex spending account for 2008! Enter your Healthy Resolutions Challenge credits by February 19!

HEALTHY  CHALLENGE  
*Love your heart!*

February 1 - 29, 2007

As part of the Reach Your Peak wellness program, you can test your "heart smarts" in this campaign. Learn about the dangers and risks of heart disease through interactive quizzes and articles. An additional bonus — You'll learn how to take steps to lower your risk of developing heart disease. This program is also helpful for those who have had a heart attack. For information go to [www.ccreachyourpeak.com](http://www.ccreachyourpeak.com)



Brandon Glenn, age 3, tests the egress of the snow fort built after the first blizzard this winter. Photo courtesy of Building Inspector Ron Glenn, Brandon's grandpa.

celebrate  
celebrate  
celebrate



## Spotlight on RUSS KAUK

"I love my job," says Russ Kauk, mechanical and plumbing plans reviewer, "especially one-on-one interaction with people. It gives me great satisfaction in helping people to have their plans meet Code."

A diehard Husker fan, Russ Kauk was one of eight siblings raised in Nebraska. He moved to Colorado Springs in 1983 to work for Farris Engineering, and in 2000, joined RBD as a plans reviewer. In addition to observing the growth in this area over nearly 25 years, Russ has noticed that engineers have a greater awareness of codes. As a result, there are much fewer adjustments or changes required on plans during the first review.

Russ also loves collecting Depression Glass — a hobby shared with his wife Juana. Whether the couple are flying to Florida or driving to Nebraska or Arizona to see family, they add antique stores, flea markets and garage sales to their itinerary. Russ and Juana have three sons — Bobby in California, Michael in Colorado, and Jeff, an environmental engineer, in Arizona. The latest addition to the immediate family is Samson, a Chow, who has great fortitude for long distance road trips — and will likely develop a talent for sniffing good deals!

Russ and Juana began their collections 18 years ago when his parents gave them a gold maple leaf piece. Today, their vast collection includes two 12-piece dinner services in ruby red and green; Lustre Rose pieces in several colors including marigold and avocado, a light green color that is difficult to find. The value of such pieces can range from \$50 for a coffee cup to \$4,200 for a water pitcher. "We're still looking for the pitcher," he says, "and at an affordable price!"

Add to those collections, shooter marbles! Russ has a jar of clay marbles which were produced prior to glass molded marbles. Clay marbles have been found in Native American burial grounds as well as Egyptian tombs. A great find, he says, are glass marbles in the original packages given to those who went to see movies starring Gene Autry or Roy Rogers & Dale Evans in the 1950s.

Russ's collector tips: Buy and consult current books on Depression glass that help identify the era of production and values; look for pieces at garage sales, flea markets, E-Bay, auctions and antique stores. Be cautious. Always barter!

## updates

### Potluck Lunch Friday, February 9, 11:30 a.m. - 1:30 p.m.

The theme is Valentine's Day — provide a food item in **Red** or **Pink**. Prizes will be awarded for the best in each category: theme, use of color, creativity, display, and sweet treat! Contact Renee for more information.

### Presidents Day — Holiday — Monday, February 19

### RBD ANNIVERSARIES FEBRUARY

Les Hildebrand	13 years
Tim Allen	7 years
Russ Kauk	7 years
Bret Fogle	3 years
Scott Ross	2 years
Ted George	2 years
Dave Hendrian	1 year
Dick Roberts	1 year

### MARCH

Mike Rogers	14 years
John Poch	12 years
Terry Brunette	8 years
Kevin Stilson	5 years
Phil Wuthier	4 years
Dale Hoke	1 years
Jeffrey Evans	1 year
Bert Warchol	1 year
Ed Krute	1 year

### FEBRUARY BIRTHDAYS

Matt Seeback	Feb 2
Tim Crippen	Feb 6
Sharon Falcone	Feb 14
Tim Swatzell	Feb 15
Owen Graff	Feb 16
Phil Wuthier	Feb 21

### MARCH BIRTHDAYS

Marty Williams	Mar 1
Jan Myers	Mar 3
Terry Schneider	Mar 10
Lynn Shrewsbury	Mar 11
Lee Devlin	Mar 17
Shelley Savage	Mar 20
Greg Cowan	Mar 21
Dorothy Herrera	Mar 26
Mike Augenstein	Mar 27
Ron Walker	Mar 31

## famous quote

"If everything seems under control, you're just not going fast enough."

— Mario Andretti, champion race car driver; his career wins include the 1969 Pikes Peak Hill Climb.

## book it!

**Don't Sweat the Small Stuff**  
Dr. Michael R Mantell

**Laffirmations: 1002 Ways to Add Humor to Your Life & Work**  
Joel Goodman

**Stress Free for Good**  
Frederic Luskin & Ken Pelletier

**How to Stop Worrying & Start Living**  
Dale Carnegie

**Relaxation Response**  
Dr. Herbert Benson & Miriam Z. Klipper

**Relaxation & Stress Reduction Workbook**  
Martha Davis, Mathew McKay,  
Elizabeth Robbins Eshelman

— *Reading tips from Renee Adams*

Stress Busters article sources:  
Dr. Lee Berk & Dr. Stanley Tan of Loma Linda University School of Medicine, Harvard Medical School, Shirley Bior, LCSW, and Carol Goldman, LCSW.

## brain teaser answer

Dashing through the snow.

## Staff News- March Deadline Wednesday February 21

Thanks so much Marlene, Ron and everyone who participated in the interviews this month — Your contributions made this a fun publication! Please send your March ideas, photos and artwork to Renee!



# Stress Busters!

Don't get spooked by unseen stress! Common job stressors include duty changes, reorganization, a disagreement with a supervisor or coworker, distressed clients, and more. Stress causes the body to increase blood pressure, heart rate, respiration, metabolism and blood flow to muscles. How do we minimize risks to our health?

**RBD staff members identify causes of stress and de-stressing methods — their stress busters are highly recommended by the health experts!**

"Fear of being late, especially when I'm stuck in traffic," says Jeannine, who de-stresses by focusing on positive thoughts instead of staring at the clock.

Combatting negative thoughts with positive thoughts is highly recommended. Stress levels fall when you redirect your thoughts from a frustrating situation.

"Meeting the deadlines," says Kristy, who minimizes stress by "not procrastinating."

Removing the stressor is an excellent prevention. By not procrastinating, you avoid feeling overwhelmed by the work load, fear of missing a deadline, and guilt.

"Difficult customer situations," says Daryl, who uses patience in explaining how to resolve issues. He decompresses by walking, talking with people, and laughing!

Socializing and walking are listed in top 10 survival kits. Laughter combats stress by relaxing tense muscles, lowering blood pressure, & stimulating the immune system.

"When everything happens at once — projects are due, staff needs help, and a client needs an immediate solution," says Bob, who finds prayer and exercise helpful.

Exercise benefits the mind, body and heart. Because it requires concentration, your mind can't replay stressful events and thoughts. Like meditation, prayer is calming.

"Customers who come in unprepared," says Ron, who has to remain calm to reduce the client's stress. His best stress buster is a hobby of restoring furniture pieces.

Hobbies are recommended as constructive outlets for stress by Harvard Medical School. Ron's hobby promotes mental and physical benefits as well as positive feelings about the progress and accomplishment.

"Preparing for an audit is one of the highest causes of stress for me," says Dorothy. "I do Pilates to de-stress; the breathing and stretching techniques are great!"

This is also helpful when you need a quick fix. A 10-minute Pilates, Yoga or nonaerobic movement such as stretching induces a calm, meditative state.

"My kids and my contractors," says Mary. After work, she melts away stress in a steaming hot bath with a splash of "Endless Love" bath oil by Victoria's Secret.

Indulge yourself! Aromatherapy, relaxation & meditation are popular stress soothers.

"Two hours of phone calls to return with only 15 minutes left in the day," says Kye, who relishes the peace and quiet of his home in the countryside - and no phone.

"There's no place like home," said Dorothy in the Wizard of Oz. We agree! Kye also practices a stress survival rule - having a private life devoid of work and intrusions!