

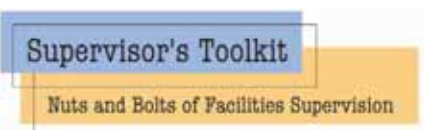
by Betsy Colgan

In Memoriam

APPA Emeritus Member Gordon Hellman passed away on May 25, 2005, in Hancock, Michigan. Gordon received a BS and MS in Mechanical Engineering from Michigan Technological University. He taught thermodynamics, heat transfer, and power plant operations in the Mechanical Engineering department and later became MTU's first physical plant director. He held that position for 19 years, retiring as Professor Emeritus in Mechanical Engineering. He was active in his community, church, Boy Scouts, MTU, the Michigan Association of Physical Plant Administrators, and APPA. Gordon's wife Gertrude preceded him in death April 19 2005; he is survived by four children.

Supervisor's Toolkit at ISSA

Join trainers Carol Trexler and Wally Glasscock as APPA presents Supervisor's Toolkit: Nuts and Bolts of Facilities Supervision at the ISSA/IN-



TERCLEAN Tradeshow October 17-21 in Las Vegas. Sessions begin Monday morning, October 17 and continue through Friday morning, October 21, with Thursday and Friday afternoons free to attend the ISSA Tradeshow.

For more information of the Supervisor's Toolkit program or to register for the Las Vegas training, visit www.appa.org/education.

Gomez Named Chair of IDEA



Cheryl Gomez, director of energy and utilities at the University of Virginia in Charlottesville, Virginia, assumed the role of chair of the International District Energy Association (IDEA) for 2005-06 during the organization's annual conference.

Gomez is an 11-year member of IDEA and is the only woman serving as director of utilities at a major U.S. college or university.

A registered professional engineer, Gomez joined the University of Virginia in 1987 as manager of heating, ventilation, and air-conditioning projects and rose to director of energy and utilities in 1994. Under her tenure as director, the utilities department at the university has won 11 state, regional, and national awards for its energy management program.

Gomez is a member of APPA in which she serves as dean of the energy and utilities curriculum for APPA's Institute for Facilities Management.

Qayoumi—2005 Distinguished Business Officer

Mohammed Qayoumi, Ph.D., received the 2005 Distinguished Business Officer Award, presented at NACUBO's 2005 annual meeting in Baltimore. This award, NACUBO's highest honor, recognizes outstanding overall achievement in

the field of higher education business and financial management.

Qayoumi, vice president for administration and chief financial officer at California State University, Northridge, has almost 30 years of industrial and higher education experience. He has published more than 85 articles, eight books, and several chapters in various books as well as making presentations in many conferences across the U.S. and internationally in the areas of quality, energy, and financial management.

Dr. Qayoumi is a longtime APPA



Cheryl Gomez, Mo Qayoumi, Najia Karim, and E. Lander Medlin

member and past dean of energy and utilities for APPA's Institute for Facilities Management.

2006 APPA Awards

Each year APPA recognizes outstanding individuals and institutions for their contributions to the education facilities profession. Award categories include the Pacesetter, Meritorious, and Fellow awards for individual recognition and the Award for Excellence and Effective & Innovative Practices awards for institutional recognition. The first step in

Continued on page 8

Continued from page 6

applying for an award is to contact your regional representative. All award submissions are due by February 15, 2006, midnight Greenwich Mean Time. To receive an application and award guidelines, visit www.appa.org/recognition.

How Long Can You Stand to Sit?

According to a recent survey by WorkRiter Ergonomics, today's office workers are suffering an epidemic of aches and pains. Five hundred office workers responded to the survey with some of the findings reported below:

- 89 percent reported feeling muscle tension or fatigue at least occasionally at the end of their workdays
- 57 percent would prefer to spend at least part of their office time standing
- 92 percent would prefer a desk or workstation that allowed them to make minor adjustments in height
- 82 percent would prefer a surface for typing or keyboarding that would allow them to work at a slight angle

Productivity of workers would increase also as nearly two-thirds of respondents reported the need to leave their desks and stretch their legs at least five times daily. With each break lasting approximately ten minutes, nearly an hour of potential work time is lost per employee each day.

For the complete results of this survey, visit www.workriteergo.com. 🏢

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Plan to attend

The Campus of the Future, A Meeting of the Minds, July 8-11, 2006 in Honolulu, Hawai'i, where three leading higher education management associations—APPA, NACUBO, and SCUP—are collaborating on an event that will provide something for everyone in the field. Visit www.campusofthefuture.org for more information on this exciting meeting.