

Happy

HOLIDAYS!

Gatherings

Holiday Edition - December 2018

Creighton
UNIVERSITY

Division of Information Technology
and Library Services

From the Vice Provost

Team,

This special holiday edition of “Gatherings” is dedicated to all of you for the hard work and commitment that I’ve witnessed in the past month. You are amazing!

Experiencing an IT disaster of this nature can be draining on our personal sense of well-being. This holiday “Gatherings” is intended to provide you with suggestion to rebalance your thoughts and remind you what are the “big rocks” in your life.

It is easy to overlook the impact an outage like we experienced has on our family. Many of us were pulled away from our spouses, significant others and children for many days and evenings over the Thanksgiving break. Please pass on my sincere thanks and apologies to your families. We recognize the sacrifice and disruption you experienced.

The holidays remind us to be grateful for our many blessings. Among the blessings I have in my life, I count all of you. Please take a moment to support and thank your teammates.

The commitment you show for our university is second to none. Thank you and please enjoy a peaceful, rejuvenating holiday with your family. You all deserve it!

Tim Brooks

Assistant Vice Provost

Let's make the
Season
bright!

Welcome New Staff

Welcome to the division! We're glad you're here.

- Charan Gourishetty
Software Developer – IT Solutions
- Joshua Nichols
Client Support Analyst – Dental/HS IT
- Jim Madden
Senior Product Mgr/Banner – IT Solutions

Ed Austin 2018 Outstanding Service Award

Gina Miller was the recipient of the 2018 Ed Austin Outstanding Service Award. This award celebrates one individual, that in the past year, personified the level of customer service, commitment to student, faculty and staff experience, and overall outstanding performance exhibited by Ed during his time with the Division. Nominations are selected from this year's individual and team Outstanding Award winners.

Congratulations Gina!!





Reflection from the Editor:

After reading this, take a personal moment to consider what your big rocks are. Do you place them in your life's jar first? How can you change that?

The Big Rocks of Life!

One day a wise teacher was speaking to a group of his students. He pulled out a one-gallon, wide-mouthed mason jar and set it on a table in front of him. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar.

When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?"

Everyone in the class said, "Yes."

"Really?" he asked. "Let's see." He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar, causing pieces of gravel to work themselves down into the spaces between the big rocks. Looking carefully from face to face, he smiled benevolently and asked again, "Is the jar full?"

His class was catching on quickly. "Probably not," one of them answered.

"Very good!" he replied. He then reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. When he was finished he once again asked, "Is this jar full?"

"No!" the class shouted.

"Excellent!" he replied. Then he grabbed a pitcher of water and poured it in until the jar was filled to the brim. Once again looking intently into the eyes of each student, he asked, "What is the point of this illustration?"

One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!"

"Aha, that's very good!" the teacher replied, "But let us look a bit deeper. This illustration also teaches us a higher truth: If you don't put the big rocks in first, you will never get them in at all!"

What are the "Big Rocks" in your life? Financial freedom? A project that YOU want to accomplish? Time with your loved ones? Your faith, your education, your business? A cause? Teaching or mentoring others?

Remember to put these BIG ROCKS in first or you'll never get them in at all.

Here's how to grow a little. Tonight, just before you go to bed, or first thing tomorrow morning take a moment to reflect on this short story, and ask yourself this question: What are the "Big Rocks" in my life or business? Put those in your jar first.

Author Unknown



Holiday Poinsettia Show

Lauritzen Gardens

Nov 23, 2018 through Jan 6, 2019

9 a.m. to 5 p.m. daily

(closed Christmas Day and New Year's Day)

Thousands of poinsettias bursting with rich, vibrant color fill the floral display hall in a glowing tribute to the holidays during the spectacular holiday poinsettia show. In the center of it all, a magnificent and majestic 20-foot-tall poinsettia tree stands tall. For ticket price and special times for Santa, visit [https://www.lauritzengardens.org/Visit/Events and Exhibits/Holiday Poinsettia Show](https://www.lauritzengardens.org/Visit/Events%20and%20Exhibits/Holiday%20Poinsettia%20Show)

“Noon” Year’s Eve Celebration

December 31, 2018

10:00 am – 2:00 pm

Durham Museum

3-2-1, Happy New Year! Children of all ages will enjoy this fun-packed party with live music by Dino O’Dell and the T-Rex All-Stars, special crafts and activities. Ring in the noon year in your handmade party hats while enjoying the celebratory bubble wrap stomp and the spectacular balloon drop at noon in the Suzanne and Walter Scott Great Hall. For more information go to

<https://durhammuseum.org/event/noon-years-eve-celebration/>

On & Off Campus Holiday Happenings

ITLS Division Holiday Pot Luck and Ugly Sweater Contest

Tuesday, December 18, 2018

3:00 to 5:00 pm

Bio-Information Center

2nd floor (Sara’s Place)

*NOTE: You can park in the lot on the corner of 30th and Burt and walk across the street to BIC.

Join your colleagues for some holiday cheer and share your favorite dish. The sign-up sheet is located at

<https://apex.creighton.edu/pls/apex/f?p=496>

Tech the Halls

Saturday, December 15, 2018

9:00 AM to 12:00 PM

AIM Brain Exchange

1902 Howard Street

Omaha, NE 68102

Join the AIM Brain Exchange and Mutual of Omaha for a Winter-themed STEM open house. Bring your family down for a day of winter memories! Activities include: Make an LED holiday card; program DASH the Robot to have a snowball fight; and program a winter scene using processing. For more info go to <https://goo.gl/KZAS6y>



Celebrating Hanukkah

Wednesday, December 5th, the Solutions Development Team celebrated Hanukkah with employee Daniel Rahav. Daniel provided the team with the story and the origin of Hanukkah and shared a video, songs, prayers and the candle lighting ceremony. Traditional Hanukkah food was also served to celebrate the holiday.

Thank you Daniel for allowing us to share in your faith and traditions!



Let's Start the
Season
right!

Destress Your Holidays

Shopping, crowds, decorating, back-to-back diet-busting parties, chatting with in-laws. It's easy to feel not so wonderful at this most wonderful time of the year. Here's a few tips to help you navigate the holidays and stay happy, healthy and energized.

Say No - We go overboard to please others during the holidays: shopping, cooking, sending cards, and attending every event," says George Pratt, PhD, a psychologist at Scripps Memorial Hospital La Jolla in California. "Instead, take care of yourself by saying no at least once—and maybe more."

Go tech-free - Constant cell phone buzzes and email alerts keep us in a perpetual fight-or-flight mode due to bursts of adrenaline. Not only is this exhausting, but it contributes to mounting stress levels, especially in women. What better time to turn your gadgets off than during a holiday get-together? Enjoy spending time with your family and friends without worry.

Turn up the tunes -Anxious? Listen to your favorite music, whether it's Jingle Bell Rock or the latest from Jay-Z. Research from the University of Maryland shows that hearing music you love can relax blood vessels and increase blood flow. That not only calms you down but is good for your heart, too.



Holiday Cuisine, *Customs and Traditions Around the World*

Food and Tradition


Everyone has their own unique way of celebrating the holidays when it comes to what they eat. Below I've shared a few staples from the Midwest and around the world:

Mince Pies - Mince pies have been enjoyed in England at Christmastime since the 13th century. Fighters returning from the Crusades brought back new and exotic spices, like nutmeg and cinnamon, and British cooks used them in a variety of dishes, including pies filled with mincemeat and dried fruits. Their size and the type of fillings used have changed somewhat over time, but for many centuries now, mince pies have been a beloved Christmas treat.

Lentils - In Italy, New Year's Eve is known as "La Festa di San Silvestro," or St. Sylvester's Feast. The celebration centers around a massive meal with family and friends, and one of the traditional items at the table is a big pot of lentils. Legumes are thought to symbolize money and prosperity, so Italians eat lots of them in hopes of bringing themselves wealth and success in the coming year. For an Italian twist on your New Year's Eve celebration, cook up a big pot of our lentil stew (below) on December 31.

Eggnog - Eggnog has a festive history as a staple for the British aristocracy. It's based on a medieval drink called posset, which consisted of milk, often eggs, and some form of alcohol like sherry or Madeira. Since all the ingredients were expensive at the time, it became a drink of the wealthy. In the winter, the wealthy would drink warm milk and egg drinks with exclusive spices and liquors. Eventually, people in the American colonies were able to harvest the ingredients from their own farms and the drink caught on again. In fact, the drink you sip around the holidays today is uniquely American thanks to the rum—a critical component of American nog which never really caught on with the British upper classes.

Collard Greens and Black-eyed Peas - Looking for good luck in the coming year? According to Southern folklore, eating these foods on New Year's Day will bring luck and prosperity. The peas represent coins and the greens represent paper money. Some families place a penny in the pot while preparing the meal, and whoever ends up with the penny in his or her bowl will have good fortune all year. This goes back to the Civil War. Soldiers ravaged the countryside in search of food, but left the black-eyed peas behind, mistakenly believing them to be cattle feed. The local folks felt lucky that they themselves still had food.



Ginger Beer – Ginger beer is a beverage typically consumed during Christmas time in many Caribbean households. A classic ginger beer is made by soaking grated ginger and various spices in water. It is placed in sunlight for a few days to ferment. After the fermentation process, the mixture is strained, sweetened, then served over ice. You can find ginger beer in local grocery stores, but there is no comparison to the homemade version. Traditional ginger beer has absolutely no alcohol.

Fruit Cake – Fruitcakes are just cakes with candied or dried fruit, nuts, and spices. The modern version of the much-maligned dish was likely whipped up in the Middle Ages, when dried fruits and nuts were really expensive. Because of the price of ingredients and the time and effort that went into making the dessert, it's assumed December festivities were felt to be the time most worthy of the hassle.

Cranberry Sauce – Cranberries are harvested mid-September to mid-November, making them perfect to consume during holiday times. Marcus L. Urann first canned the berries in 1912 as a way to extend the short selling season, creating a jellied treat that acted as a sauce when warm.

Latkes - The Jewish tradition, dairy foods are eaten during Hanukkah in honor of Judith, a celebrated heroine who saved her village from an invading army; the original latke was just a cheese pancake. Potato latkes gained popularity in the 1800s thanks to a mass planting of potatoes—which were cheap and easy to grow—in Eastern Europe after other crops had failed. Many different cultures have their takes on the latkes and brought those traditions over to the U.S. to not only help celebrate Hanukkah, but Christmas as well.

Roast Goose - Although most of us carnivores enjoy a turkey during the holidays, the traditional main dish is actually a roast goose. Feasting on goose was an important part of many ancient celebrations and rituals. Because geese are migratory, they would disappear and reappear during certain times of the year -- usually around harvest time and change of seasons. Families typically served roast goose to celebrate the winter solstice. Later, in Victorian times, it became synonymous with Christmas. For many generations of Eastern European Jews, goose was also a favorite during the Hanukkah holiday.

Pumpkin Pie – Pumpkin dates back 9000 years to Mexico and was cultivated by the Native Americans for centuries. Before modern food preservation methods, pumpkin was roasted or boiled and often mixed with pie-like ingredients: honey and spices. It's suspected that the Pilgrims made a similar dish but without the crust.

The Gratitude Tree



*Division staff responses when asked who or what they were grateful or thankful for. See full details at <https://goo.gl/M1bVcY>.

myIT Right Stuff

On a cold Friday in November, a disaster hit the old gym with such complexity, IT didn't know where to begin.

Servers were crashing and data bases were hosed. A lessor group of professionals might simply have closed.

Oh not myIT of Creighton U!
White boards and dry erase markers they flew.
And set straight to work color coding too.

Each completion worth noting. The tech's brought it back
Hardware the problem. No, it wasn't a hack.

Now you know, myIT delivers when the going gets tuff
myIT employees always have the right stuff!

By Mark Monger
(with editorial license by Shelley Schafer)

see you in the
new year!

