Employee of the Month

JaLene B Hunt
LOAM Coordinator III

Facilities is happy to announce JaLene Hunt as our April Employee of the Month. JaLene works for the Landscape, Operations and Maintenance department in Facilities as a coordinator. She began her career at Facilities as an intern while completing her master’s degree and then was hired on full time four years ago.

JaLene is the youngest of 9 children and says that her family is similar to the Brady Bunch. She has 5 sisters and 3 brothers and she was born and raised in Sigurd, Utah. She attended Richfield High School and then moved to Weston, Idaho when she began her college life at USU. JaLene lived in Weston for 6 years and commuted to USU until just recently when she moved to Logan.

While attending USU, JaLene earned her BS in Ornamental Horticulture and then a Masters in Water Efficient Landscaping. Some time in the future she would like to pursue another Masters in Plant, Soil and Biometeorology. Her responsibilities at USU include the landscaping and ground care of the President's residence, Old Main Hill and all peripheral areas of campus. Right now she is working on drafting dwarf conifers which gives structure to our water wise landscape.

JaLene’s hobbies include snowshoeing, art and music. Her mother is an artist and has been influential in helping JaLene to pursue her hobby of watercolor paintings and pencil drawings. She appreciates all kinds of music but especially enjoys listening to Trip-Hop and House music.

JaLene says that she has learned a lot from her job, especially how to interact with people and “stay in the present.” She really appreciates the experiences she has had personally, academically and in her career here at USU and in Facilities.

Congratulations JaLene, we are proud to have you as our April Employee of the Month.

Time to check your procrastination level?

Don’t be offended now, but research shows that 95% of us dilly-dally to some degree.

The authority behind this statement is Dr. Piers Steel, the world’s foremost expert on putting off until tomorrow what should be done today.

Steel, a human resources professor at the University of Calgary’s Haskayne School of Business, says perfectionism is not at the root of procrastination. Perfectionists actually procrastinate less but worry about it more.

Better predictors are task aversiveness (not liking the task), impulsiveness (doing something else you just thought of), distractibility (not concentrating), and how much you are motivated to achieve.
To qualify as a procrastinator, a person must believe it would be better to start working on a given task immediately, but still not start. The costs of procrastinating go well beyond missing deadlines, especially for those who delay filing their taxes or planning for retirement.

Motivational failure such as sticking to diet and exercise programs are related to impulsiveness. Temptations that are close at hand are hard to resist. The dieter may fill up on rolls before dinner at a restaurant just because they are there. In an office, a person may check email 10 times a day instead of getting on with a job.

The saying, “Whether you believe you can or believe you can’t, you’re probably right”, is correct, says Steel. As you get better self-control, your expectancy of whether you can resist impulsive temptations will go up.

Moneywise

Save a buck: A lot of snack foods are being sold in 100-calorie packages. They are becoming popular for people who want a little something, but don’t want to eat a lot. But ounce-for-ounce the small packs cost up to twice as much as the same food packaged in a larger box.

To save a buck on snacks, buy the big box and divide the portions yourself into plastic zip bags.

Develop a credit score: Some 50 million Americans don’t have enough credit activity to qualify for a credit score. They may be proud to owe nothing on a car, mortgage, or credit card, but if they need a loan, they could have a hard time getting one.

To ensure that it doesn’t happen, use a credit card occasionally, but be sure to pay resulting bills promptly.

Health

News

The good news about cancer:
Many types are preventable:

It’s a frightening word that no one wants to hear, especially from their own doctor. Fortunately, preventing many types of cancer can be accomplished by these lifestyle changes.

Stop Smoking. In addition to lung cancer, smoking is the culprit in cancers of the mouth, nose, voice box, esophagus, stomach, and cervix. It contributes to cancers of the liver, kidney and bladder.

Eat a healthy diet. Researchers estimate that some types of cancer could be reduced by one-third if we ate right. That means less fat and more fruits and vegetables. It also means eating more fiber, less salt, and less sugar.

Healthy eating helps to prevent cancer of the bowel, stomach, breast, prostate, and bladder, among others.

Guard against the sun. Though we need to get some exposure to the sun for vitamin D, we should be very careful. In fact, if you are fair skinned or have a close relative who has had skin cancer, it’s probably best to get vitamin D from enriched foods and supplements. For everyone else:

• Don’t sit in the sun between noon and 3 p.m.
• If you will be outside during the day, cover up with a hat, long-sleeved shirt, and trousers.
• Wear sunscreen, the higher the SPF rating, the better. Reapply every couple of hours.

Be immunized against cervical cancer if you are a young woman. About 70% of cases are caused by the human papilloma virus. They can now be prevented by immunization.

Exercise. For everyone, exercise improves general health. For women, it has been shown to reduce the risk of breast and endometrial cancer.
Arbor Day: April 27

April is the perfect time of year to plant a tree. If you have thought about adding a shady spot to your yard, the time is right. Before very long, your new tree will be a windbreak that will help to save heating and cooling costs.

A new tree will do more than add to your property value. It will clean the air, reduce noise, and create privacy.

If your place is already shady, a maple, hemlock, or yew will do well there. If it’s sunny, trees like white birch and most pines that require full sun will thrive there.

When positioning a shade tree, consider where you want the shadow to fall during the hottest time of the year and the time of day you require shade. Sometimes people want their windows shaded from the morning sun that comes from the east. Or it could be more important for them to shade a patio or living room windows from sun that comes from the west.

Saving water in the garden:

These drought-tolerant perennials will come through a dry spell without a great deal of watering.

Purple cornflower. It has many purple-red, daisylike blooms in midsummer to early autumn.

Lavender. This mounding evergreen shrub with silvery-gray-needlelike leaves and spikes has purple or white flowers in summer.

Sedum Autumn Joy. Almost all sedums are drought resistant. This one has deep-pink to bronze flowers in the fall.

Yarrow Coronation Gold. Gold flowers on tall silvery-gray leaves in summer to early fall.

Drought-tolerant annuals include cosmos, dusty miller, marigold, moss rose, and zinnia.

Aerating Your Lawn

By Staci Eason - LOAM Shop

Spring time is a great time to get out and work on our lawns. Core aerating is an ideal way to get our lawns looking nice. It improves compacted soils, water penetration, air circulation, thatch and growth of the lawn. It also takes care of most molds that may grow on the lawn in early spring. Make sure that the soil is moist so the tines of the aerator will penetrate deeper. A four inch soil depth is just about right. Core aerating will leave small plugs on your lawn. Most people will want to clean the plugs up, but it is best to leave them so it will break down and go back into the soil. Leaving the plugs intact on the lawn helps level out bumpy areas and puts nutrients and aggregate materials back into the soil. Aerating can also be done at other times of the year; spring and fall are the best times because temperatures are cooler. By following these guidelines you are on your way to having a healthy lawn.
Facilities Annual Division Awards Results:

Geoff Miller is this year’s Employee of the Year.
Geoff works in the Water Quality department and has worked for Facilities for two years. He received his Assoc. Degree in Horticulture and is now working on completing his BS in Horticulture. Geoff enjoys gardening and reading, especially historical fiction. Geoff is a hard worker and contributes so much to Facilities and we are proud to honor him at this time.

Perfect Attendance Awards:

First-year recipients
Dale Elwood
Shoko Downs

Second-year Recipients:
Sheri Murray
Mitch Schiffman
Francis Wallace

Seven-year Recipient:
Richard Allsop

Eight-year Recipient:
Neil Owen

Ten-year Recipient:
Danny Harris

Twenty-year Recipient:
Steve Nelson

Winning Spirit Awards:
Chad Henager
Chris Olsen
Gordon Chase
Larry McCormick
Paul Wickham

Curtis Leishman
Bert Sweeten
Troy Johnson
Scot Muir
Rick Hepworth
Ron Kaufman
Steve Pierson
Ted Johnson
Todd Reid
Tracy Nielsen
Karen Hoffman
Kirk Lukenbill
Tom Stoddard
Lee Gasu

Safety Award:
Craig Miller
Greg Hunsaker

Ray Jensen
Ken Weeks
Jeff Craw
Greg Hunsaker
Clark Hunsaker
Karl Weeks
Lucy Byington
Tyler Rampton
Chris Evans

Innovation Award:
Karl Weeks
Chris Olsen
Paul Wickham
Andrea Payant

Director’s Award:
Curtis Christensen
Harold Sharp
Shane Thain
Curtis Leishman
J. Smith
Vilma Valle
Angel Garcia
Jorge Estrada
Safety Article

As we enjoy springtime and the beautiful new colors, it is appropriate to talk about protecting your eyes at work. Let's all learn how to better identify the work areas and activities that could cause injury to your eyes. Understanding how to prevent eye injuries, knowing how to use, maintain, and inspect protective eyewear and familiarity with appropriate first aid for eyes can all help to protect the wonderful gift of sight.

Eye hazards depend on the type of work you do, but here are some main ones: flying objects; harmful dust particles; chemical splashing or spraying; high-intensity heat or light; welding, brazing, torch cutting; and direct or reflected sunlight.

According to the federal Bureau of Labor Statistics, 70% of serious eye injuries are caused by flying or falling objects, and 60% of those objects are smaller than the head of a pin. Flying objects that can create an impact hazard include: fragments, large chips, particles, sand, and dirt. Jobs or work processes that might create some of these flying objects include: chipping, grinding, masonry work, woodworking, sawing, drilling, chiseling, riveting, and sanding.

When talking about the hazards, we also have to know how to protect our eyes. For most jobs, approved safety glasses with side protection will work to protect against flying objects. For jobs with large numbers of flying objects, goggles would be required. Wear a face shield over the goggles if your face needs protection from flying objects.

Dusts usually include items that do not fly at you; rather, they will usually float around or slowly fall toward the ground. Dust can get in your eyes if you just walk through an area with a dust hazard causing eye irritation, redness, excessive tearing, and scratches to the lens. Jobs or work processes that create dust hazards include: cleaning with air wands or brooms, woodworking, and buffing materials. Because dust can easily float behind normal safety glasses and still get in your eyes, goggles or some type of safety glasses that create a seal around the eyes are required.

All chemicals can injure if they make contact with your eyes. Ways of contact are splashes, spray,
Acids and caustics will severely burn your eyes. Degreasing chemicals, such as solvents, can damage your eyes in many ways depending on the type of solvent. Many processes and activities at work involve the handling or use of chemicals. Anytime you handle, use, mix, or otherwise process chemicals creates potential exposure to the eyes.

Appropriate protective eyewear can effectively prevent injury to the eyes. If you are working with any liquid chemical that could potentially splash onto your face and eyes, or that is misted or sprayed, you must wear chemical-resistant goggles, at a minimum. If working with dangerous chemicals such as acids or in situations with severe exposure, you must wear a face shield over the goggles.

Working with high temperatures can also be very damaging to the eyes. Steam, hot liquid, hot air, or flame can cause pain, eyelid burns, and blurred vision. Some examples of work processes that create such hazards include: operating a furnace or working with molten metals and any other high-temperature operations.

When working with high temperatures that do not pose a threat of splashing hot materials or flying hot sparks, such as working with a furnace, wear a protective screen or a reflective face shield that will keep the extreme heat away from your eyes. When working with hot sparks, safety glasses are sufficient. However, if exposure to hot sparks increases, goggles must be worn, and if the exposure becomes severe, a face shield must be worn over the goggles.

Welding, brazing, and torch cutting create a number of potential eye hazards. Welder’s flash occurs when the eyes are overexposed to the intense lights of welding operations. This often occurs when welders strike the arc a split second before dropping their face shield or hood over their eyes. The skin or eyes can be burned from the heat or intense light created when welding, brazing, or cutting. Always use eye protection when welding. A welder’s face shield is the best protection against the intense light from welding.

The American National Standards Institute has developed manufacturing standards for eye protection. Meeting this standard ensures that the eye protection equipment has met certain impact standards, shatter standards, and chemical-resistant standards. Your safety glasses, goggles, or face shield must be marked with “Z87” to indicate that they meet the ANSI standard. Normal sunglasses or prescription glasses will not meet this standard. These could potentially shatter or break if impacted by a flying object and cause additional eye injury.

OSHA requires the installation of emergency eyewash stations in areas that use large quantities of hazardous chemicals, particularly corrosives, which might be splashed or sprayed into the eyes. Eyewash stations provide immediate first aid that can make the difference between permanent blindness and a temporary injury. Eyewash stations must be located within 10 feet or 10 seconds’ travel time of a work process that uses hazardous chemicals that could be splashed or sprayed into the eyes. Always flush your eyes for at least 15 minutes after eye exposure to a harmful chemical.

Continually assess the work you are doing for potential eye hazards. Whether on the job or at home, ask yourself if your current activity has a potential for eye injury from flying particles, chemicals, heat, etc. Select the right eye protection. Remember, face shields are for extra protection to wear over safety glasses or goggles. Face shields are not worn in place of safety glasses or goggles. Finally, always wear necessary eye protection—all it takes is a split second for an eye injury to occur.
Worksite Quality
Stanley Kane/
Customer Focus Team

Work styles tend to be classified into two groups, namely one that is tidy and implies precision and professionalism, and one that is less tidy and implies creativity and an artistic personality. In reality we each have a little of both in our makeup and need both to survive and remain balanced.

No matter how free spirited an individual might be he or she needs to obey traffic laws for the benefit of everyone in order for society to be regulated and safe. When working with electricity we need to be aware of water and take appropriate care. The same can be said of machinery and portable power tools. The safety articles published in this Image newsletter remind us how to lift properly, wear eye, ear and foot protection, to buddy up when working in confined spaces, to use ladders and hoists properly and other potentially life saving tips.

My topic for the month is Worksite Quality. At first I thought of my untidy office and wondered was this some trick of fate that I had been assigned to write about something that I could improve on in my own life. But as I reflect on the many construction projects that occur on campus I see a pattern of behavior that we could all learn from.

I once saw a plumbing contractor who had been hired to install new fume hoods in a research lab leave a pile of brick dust on the floor. The researcher in the lab was upset at the mess and when I asked the contractor to sweep up after himself he replied that he was a union plumber and would not be allowed to fulfill my simple request. The plumber’s father owned the company but had failed to teach simple customer service skills to his son and other employees.

On another construction project I noticed that the various tradespeople were having a difficult time working in a building because of the amount of debris on the floor. They could not move scaffolding around because of piles of scrap metal studs, pipe and wire. When I suggested that productivity and workplace safety might increase after a little clean up on an occasional Friday afternoon, the contractor, whose father had started the company, laid in to me that I had no business commenting on how he ran the site operations of their company. That project ended up finishing late to everyone’s disappointment.

More recently, on the new library expansion, I noticed that the contractor hired some part time student labor to simply patrol the floors of the building with brooms and dust pans to clean up as work was progressing. It was unrelenting work because as soon as something got cleaned up a new operation would leave more debris, but the difference was amazing. People were more cheerful, progress was faster, there were fewer injuries and the project finished on time.

Not all of our work involves a physical mess, but there is metaphor here with our thought process. Sometimes we simply need to clear our thoughts and get to the important issues and sweep the unimportant things aside. The little stuff can often make it difficult to get around to the important things just as walking through an untidy construction site can slow us down. One of the nice things about a five day work week is that it can allow us to punctuate our time with interludes when thinking can be more strategic.

Smiling can also help a lot. When you are smiling your quality of life is better. Air feels cleaner, sunlight brighter and food tastes better. People will wonder why you are smiling but you need never tell them. It can be your personal barometer for quality, but more often than not, smiling can raise someone else up to improve the quality of their workplace.
These cards of thanks were sent to Facilities:

Thank you so much for the heart topiary planter, it is beautiful. Thank you for your thoughtfulness & support in the passing of our mother. We also appreciate the planter that was sent when John had his surgery on his shoulder. Thanks again, John and Janet Hillyard

Thank you so much for your kind remembrance in the passing of my father. Ray Jensen

Thank you for your care and concern in my behalf during my surgery and recovery. You are wonderful people to work with. Karen Hoffman

Jarrod Larsen from the Fine Arts Center called to express his appreciation for Sherry Mangum and Anna Griggs. He stated: “I love them”, they are doing such a great job!!! Thanks, Thanks, Thanks. Please make sure that they are told about this.

Thank you so much for the beautiful plant you sent in the passing of my mother in law. We appreciate it so much. Danny Harris

Here’s how money can buy happiness

Leave it to a Princeton University Economics professor to nix the common belief that money can’t buy happiness.

When asked what we can do to achieve greater happiness, professor Alan Kruger suggests that we try “buying memories.” They don’t have to be memories of an experience that cost a great deal of money, but of things that brought you joy.

He tells of taking his father to an important football game, the Super Bowl. The anticipation of the game as well as the game itself were very memorable. He framed his ticket. He bought the memory and it still makes him happy.

Money can buy photos and souvenirs of happy times. Whether they will remind you of a vacation or a day in the park, souvenirs are worth the price.

Professor Kruger says some people are inherently less happy and some more so. It’s just their temperament. Still, you may be able to boost your level of happiness by thinking carefully about how you spend your time.

Have patience in all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them. Every day begin the task anew.

St. Francis de Sales

Your most unhappy customers are your greatest source of learning.

Bill Gates

Conditions are never just right. People who delay until all factors are favorable are the kind who do nothing.

William Feather

Forgiveness is the economy of the heart. It saves the expense of anger, the cost of hatred, and the waste of spirits.

Hannah More

When you are through changing, you are through.

Bruce Barton
Thank you!
for your service at USU!

Happy Birthday!
to these Facilities Employees!

Lorin Mortensen  April 01
Carl Wildrick    April 02
Dennis Hunter   April  03
Tammy Jenks     April  05
Nephi Rogers    April  07
Ernest Abouo    April 10
John Hillyard   April 10
Daniel Leatham  April 11
Paul Wickham    April 12
Suzanne Pratt-Johnson  April 13
Dan Richins    April 16
Lloyd Johnson  April 17
Jerry Workman  April 17
Ron Auger      April 19
Roy Hebdon     April 23
Scott Wilkinson  April 24
Katie Elliott  April 27
Lissa Woolf    April 28
Ryan Griggs    April 29
Ken Weeks      April 30

Clint Hovey  41 years
Dave Peterson  25 years
Curtis Leishman  22 years
Wally Spring   22 years
Scott Jaggi    14 years
Robert Hearn   13 years
Mike George    12 years
Joe Wilson     9 years
Daniel Maugham  7 years
Larry Dunkley  6 years
Ricardo Sandoval  3 years
Kelly Elwood    2 years
Wayne Hebdon    1 year

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Image Newsletter Staff
Karen Hoffman - Staff Writer, ext. 73128