Employee of the Month

Paul Pierson
HVAC Tech

Paul Pierson has been named Facilities April Employee of the Month. Paul has been with Facilities for nearly 5 years and works in the HVAC shop as a technician. Paul works on chillers and boilers and keeps our buildings warm in the winter and cool in the summer. Before coming to Facilities, Paul worked for 4½ years for Intermountain Cooling as an auto mechanic.

Born in Hyrum, Paul is a native Cache Valley boy and now resides in Logan with his wife Ryann and their 2 children (Tristen, 7 years old and Ian, 2 years old). He has 2 brothers and 3 sisters. Paul is the 3rd family member that has worked for Facilities. His father Lynn worked for over 20 years in the carpenter shop and his brother Steve works in the electrical shop.

Paul loves to snowboard with his daughter Tristen in the winter and enjoys golf and target shooting in the summer. He loves all sports and especially enjoys playing basketball. Paul is slowly restoring his 1955 Chevrolet pickup “piece by piece” in his spare time. He says that he was able to work much harder on it before marriage life, but is happy to work on it when he can find some spare time.

Paul says that he enjoys working at Facilities and plans on being here a very long time. Congratulations Paul, we are proud of your accomplishments.

Your happiness (or gloom) can spread

You’ve probably heard it said that a certain person has an infectious laugh. It spreads to everyone in the room. Scientists are finding this observation to be true, but they have also discovered that moods, such as happiness or gloom, spread the same way. The downside is that gloomy people spread gloom. The upside is being called The Happiness Effect.

A 20-year study by social and political scientists at Harvard and the University of California (San Diego) shows that emotions can pass among a network of people up to three degrees of separation away. Here’s how it works:

• One person is happy. Contacts with a neighbor increase the neighbor’s happiness by 34%.
• Contact with a sibling living within a mile increase the sibling’s happiness by 14%, and
• Contact with a friend who lives close by increase the friend’s happiness by 25%.

In turn, as these people become happier, that frame of mind is passed to others, and on it goes like an epidemic. People who are central to their networks have the most influence on the mood of others. In one study, one happy person affected the mood of more than a thousand people.
Facilities Division Awards Recipients
March 3, 2009

Perfect Attendance
Allsop, Richard C.  9 Years
Downs, Shoko Y.  3 Years
Nelson, Steven R.  22 Years
Wallace, Francis I.  4 Years

Winning Spirit
Hlavaty, Todd S.
Beutler, Paul K.
Jardine, Steven L.
Alonzo, Martin
Tarbet, Kellen L.
McCune, James W.
Hudson, Linda G.
Duffin, Patricia S.
Spillman, Sarah O.
Hoggan, Katie
Bingham, Bryan B.
Bentz, Duane T.
Mayers, Sharon M.
Hill, Mina A.
Hunting, Mark J.
Jorgensen, Jared E.
McAllister, Brett A.
Hunter, Dennis R.
Campos, Adolfo “Fito”
Yeates, Steven K.
Guadarrama, Maria Del Carmen
Davis, Ronald L.
Nielsen, Sol E.
Pierson, Paul L.
Dunkley, Larry
Dirks, Clinton
Carrillo, Martin
Elwood, Kelly J.

Director’s Award
Dawes, Douglas V.
Wickham, Paul
Collins, Gordon
Nield, Wade A.
Hunting, Mark J.
Fabricius, Kendell N.
Zaugg, Rory A.
Swensen, Justus D.

Innovation Award
Merrill, Kris D.
Anderson, Nicholas B.

Employee of the Year
Hampton, Scott
Employee of the Year
Hampton, Scott
Safety – by Justus Swensen
LADDER SAFETY QUIZ

How safe are you and your co-workers on ladders? How much do you know about ladder safety? Ladders are one of the most used (and abused) tool on our work sites. Take the following quiz to see what you know about ladder safety:

1. Which is the top step that you should use on a stepladder?
   a. You can use the top of the ladder as a step.
   b. The step just under the top can be used as a working step.
   c. The step two below the top of the ladder is the top step that you should stand on.

2. What is the three point rule (when climbing up or down a ladder)?
   a. You should have three points of contact on the ladder when climbing (2 hands and 1 foot, or 2 feet and 1 hand).
   b. You’re only allowed to carry 3 items when climbing a ladder.
   c. You must be “tied off” if over 3 feet high when climbing a ladder.

3. A ladder whose top support is 20 feet high should be how far from the base of what you’re climbing?
   a. It should be 5 feet away (the 4 to 1 rule).
   b. It should be 4 feet away (the 5 to 1 rule).
   c. It depends on the length of the ladder.

4. Metal ladders can be used near electrical sources if they have rubber feet at the bottom?
   a. True
   b. False

5. What should you do if the ladder you’re about to use is damaged?
   a. Do your best to fix the damage and then use the ladder.
   b. If it’s only slightly damaged, you can still use the ladder.
   c. Do not use the ladder; remove and tag “Do Not Use”, or dispose of it.

6. Do extension ladders need to be “tied off”?
   a. Yes; or they need to be secured at the bottom of the ladder.
   b. No; if only being used for a few minutes.

7. Can ladders be placed on other items (such as a box) to gain additional height?
   a. Yes, if the item is secure.
   b. No.

8. How far must a ladder extend beyond the roof line if you are going to climb onto the structure?
   a. At least over 12 inches (or 1 foot).
   b. 2 feet or more.
   c. 3 feet or more.

9. Ladders can be used in a horizontal position for scaffolds or work platforms?
   a. Yes, if working at a height of less than 6 feet.
   b. No

10. OSHA states that approximately ____ workers die each year from falls off of ladders?
    a. 5 or less workers each year.
    b. Between 10-20 workers each year.
    c. Over 50 American workers each year.

Answers: 1-c; 2-a; 3-a; 4-b; 5-c; 6-a; 7-b; 8-c; 9-b; 10-c.
Entrepreneurs, small businesses will lead the recovery

There's a big difference between the Great Depression and economic times of today.

The American economic situation could get worse before it gets much better. But be assured, it will start turning around in the not-too-distant future. Business advisor Jack Welch predicts that when the downturn ceases, the American economy will be stronger and sounder than ever. Welch urges business people to talk about reasons for confidence.

America is loaded with energy and creativity, he says. It's a culture that exalts entrepreneurs, and they are the ones who drive every recovery.

Some doomsayers say this is the beginning of another Great Depression, but that won't happen. Government agencies created after that will hold off a deep depression. The Federal Deposit Insurance Corp. insures bank deposits, which is basic to stabilizing the banking system. While 401(k) retirement plans have suffered, their value will rise again in the future.

Other disaster predictors say the United States will have a deep recession like the one in the early 1980s. The GDP fell in five quarters over a two-year period with the worst posting a 7.8% reduction. The prime interest rate was 21.5%; inflation was about 15%, and unemployment hit 11%. This time around, government programs will keep us far away from those numbers.

A number of negative thinkers say saving troubled banks will lead to socialism. That won't happen either. The U.S. government has a history of handling interventions on a temporary basis. It bought stock in troubled banks before and was able to sell it a few years later.

Moneywise

Emergency plumbing calls

The editors of This Old House magazine say you should know how to turn off the water in your home or condo. If you do, there is no such thing as a plumber’s triple-overtime emergency repair. If you don’t know how to turn off the water main, call the plumber and have him walk you through it. Then you can wait a day for a service call.

You don’t want the plumber to come on Sunday night or on the Fourth of July, and he doesn’t want to come either.

What you need to refinance

* A credit score of 720 or more.
* At least 20% equity in the home, using its appraised value now as the basis. To refinance with less equity, you would have to take mortgage insurance.
* An unencumbered first mortgage. If you have a home equity line of credit, pay it off before trying to refinance.
* A conforming loan. The lowest interest rates are limited to loans of $417,000 or less, known as conforming loans. Rates for loans that exceed $625,000, known as jumbo loans, have remained at an average rate of 6.8%.

Replace or repair

Computer: Replace when repair costs more than half the original price.

Large appliances: Replace when repair costs 30% to 40% of a new unit, which will be energy efficient.

Thinking of a Roth IRA? It's a good time for a conversion

With the value of most traditional IRAs lowered because of stock market problems, this could be a great time to convert to a Roth IRA. Each dollar you convert is taxed as ordinary income, so fewer dollars
mean less tax. If you are under age 50, you can contribute $5,000 a year to a Roth. If you are 50 or over, it’s $6,000. Contributions to a Roth can be withdrawn without penalty at any time. Distributions, interest and dividends are tax-free if you are at least 59½ and the account has been established for longer than five years. You can contribute after age 70½ as long as you have earned income. There are no required minimum distributions during your lifetime. Another benefit of the Roth: Tax-free distributions can be passed to your beneficiaries.

It’s easy to open a Roth IRA. It can be done online at Wachovia bank and many others. You can choose from a full range of investments, including stocks, bonds and mutual funds.

Did you know that USU has a Weight Watchers at Work program?

USU Wellness has made it easier to get healthier by sponsoring a Weight Watchers at Work program. Whether you’re just now thinking about losing weight, or you’re well on your way, it’s important to have the support you need to succeed. Have a lot to lose or a little? Weight Watchers has guidance for any weight goal. Weekly meetings teach you how to stick to healthy living and have a healthier relationship with food. People who attend weekly meetings tend to lose more weight than those who go it alone.

Stop Dieting Start Living. Weight Watchers doesn’t teach you how to diet. They are dedicated to inspiring and helping you adopt a healthier way to live - for life, so you can successfully learn how to lose weight and keep it off by living, not dieting.

Join the group today! Weekly meetings are held every Thursday at 11:45 am to 12:30 pm in TSC 335. The next 12-week session starts April 16th. For more information, contact Shannon Johnson @ 797-1470 or shannon.johnson@usu.edu. Sign up by April 12th, and receive a free Omron HJ112 pedometer (valued at $35.00) and your choice of a Be Well T-shirt, baseball cap, or lunch bag!

Whole Grain Spaghetti with Meatballs and Marinara

1 package Italian meatballs, thawed
6 cups of whole grain spaghetti
2 14-ounce cans of petite diced tomatoes with garlic and olive oil
3 cups fresh sliced mushrooms
1/2 cup finely diced yellow onions
1/2 teaspoon of sugar
1 teaspoon fennel seeds
1 teaspoon of salt
1 teaspoon canola or olive oil

For the sauce, place the tomatoes, sugar and fennel seeds in a two-quart pan and bring to a boil. Add the meatballs, mushrooms and onion. Simmer covered for a half hour.

For the spaghetti, use a four-quart pan half filled with water. Add the cooking oil, salt and the spaghetti. Simmer for about 20 minutes. Strain and set aside in a warm bowl or placed on a buffet warmer if one is available. Ladle portions of the spaghetti onto plates and top with the sauce and meatballs. Garnish with shredded Parmesan or Italian hard cheese mixture. Serve with hot garlic bread.
Health in the News

Here’s how to stretch effectively

Whether you are going to play a sport, lift weights at the gym or do an exercise routine, you’ll be better at it if you warm up first and you’ll be less likely to hurt yourself or strain a muscle.

One caution: Stretching is not warming up. Before you stretch, warm your muscles with a low-intensity activity, such as walking, while gently pumping your arms. For a specific sport, use the muscles and joints involved, moving in slow, circular movements both clockwise and counterclockwise. End the warm-up with a few minutes of aerobic activity before stretching. Realize that it takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds or up to 60 seconds for a really tight muscle. If you hold the stretch for this period of time, you only have to do it once.

Here’s how to start.

• Do an easy stretch for the first 15 seconds. Stretch just to the point where you feel a mild tension. The tension should be comfortable, not painful, for these 15 seconds.
• Then stretch a fraction of an inch farther until you feel the mild tension again. If you feel pain, you have stretched too far. Back off to the point where the pain is gone and hold your stretch there. Remember to breathe. Exhale as you go into the stretch. Breathe slowly and evenly as you hold it.

If you do the warm up and the stretches correctly, you’ll get more out of your game or your exercise routine.

Risks in antibiotics sometimes outweigh the benefit

Over the last 50 years, patients with almost any kind of complaint demanded antibiotics from their doctors, and the doctors often prescribed them. Today, medical experts say that in many cases, other courses of treatment would be better for several reasons.

• Antibiotics cause diarrhea up to 25% of the time.
• One in every thousand patients is found to be allergic and ends up in the emergency room. Others don’t report less serious allergies that just cause a rash.
• Antibiotics very seldom help patients avoid a serious complication.
• They do nothing to relieve symptoms or pain.
• They kill off many microbes in the gut that protect against disease-causing invaders.

Doctors at Harvard Medical School advise that antibiotics are useless for colds, the flu, most sore throats and the vast majority of bronchitis cases. These illnesses are caused by viruses. Antibiotics kill only bacteria. Still, half of antibiotic prescriptions go to people with viral infections even though they won’t be helped. Doctors say people want antibiotics, which may prevent some complications, and they do little harm.

At the Medical University of South Carolina, they say patients don’t want to hear about antibiotic risks. They just want to feel better. In many cases, antibiotics won’t help.

To avoid prescribing antibiotics, more doctors are prescribing pain relievers, inhaled drugs that work against cough, and medications containing steroids for several other complaints.

April is Cancer Control Month

A healthier life style will reduce your cancer risk. Thinking of cancer in relation to your own health can leave you feeling fearful and wondering about what you can do to prevent it. That sounds like a big order, but doctors at the Mayo Clinic say there are changes in your life style that can move you away from risk. Some changes are small.

1. The big number one change: quit smoking. If you smoke, that’s the most difficult change. You may only fear lung and mouth problems, but smoking increases your risk of cancers of the bladder, esophagus, kidney, pancreas and other organs.

2. Step two is a little easier, because eating a variety of fruits, vegetables and whole grains are also recommended for preventing heart disease. You should be doing it, but try to do it better.

3. Be physically active and control your weight. It will do your heart and your brain a favor too. Take this advice seriously, starting now.

4. Avoid skin cancer by protecting yourself from the sun. Sounds easy, but apparently not enough people do it. This is the most common cancer.

5. Get immunized. Some cancers associated with viral infections, such as hepatitis B, can be prevented.

6. Avoid risky personal behavior. Use a condom and limit your number of sexual partners. People with HIV or AIDS have a greater risk of several types of cancer. Never share needles.

7. Get screened. Many tests are available to men and women that can detect cancer in its early, curable stage. Ask your doctor which screenings or immunizations you should get.
Happy Birthday!
to these Facilities Employees!

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<td>Lorin Mortensen</td>
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<td>Carl Wildrick</td>
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<td>Dennis Hunter</td>
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<td>Nephi Rogers</td>
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<td>Adam Hunting</td>
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<td>Kory Johnson</td>
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<td>Justin Williams</td>
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<td>Scott Wilkinson</td>
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<td>Mike Donaldson</td>
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<td>Ken Weeks</td>
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Thank you!
for your service at USU!

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<th>Employee</th>
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<tr>
<td>Clint Hovey</td>
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<td>Dave Petersen</td>
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<td>Curtis Leishman</td>
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<td>Wally Spring</td>
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<td>Ricardo Sandoval</td>
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<td>Kelly Elwood</td>
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<td>Dallin Koecher</td>
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<td>Bret Leckie</td>
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The deadline for filing your Federal Income Taxes is...

Remember to file on time!