Employee of the Month

Tom Findlay
Senior Systems Administrator

Facilities is proud to announce Tom Findlay as the August Employee of the Month. Tom has been at USU for 30 years. He works in the MIS (Management of Information Systems) department. Before coming to Facilities, Tom worked for USU Computer Services for 10 years.

Tom is originally from Bloomington, Idaho. After graduating from high school, he came to Logan to attend USU. He received a Bachelor’s degree in Math Education and a minor in Computer Science. Upon graduation, Tom taught Jr. High math for 3 years in Thomas, Idaho. He then came back to USU and was working towards a Wildlife Science degree, but ran out of money, so he stopped going to school and got a job at Zollinger Cold Storage for a while. He later began programming for the USU Computer Center. While working there he was asked to help Facilities out with their AREV program. This eventually developed into a permanent position with Facilities.

Tom and his wife Janna have been married for 25 years and they have 4 children. His daughter Kira is 24 years old and is finishing her degree at USU this December. Talmage is 22 years old and will begin taking classes at USU this fall. Tabitha is 17 and will be a junior at Skyview and Adelia is 12 and will be in the 7th grade at Cedar Ridge School. Tom has 6 siblings (2 brothers and 4 sisters).

Camping, going on picnics, and taking small hikes with his family are some of the things Tom likes to do. He said that he actually enjoys fixing the fence at his parent’s ranch in Bloomington because it allows him to be outdoors in a country setting. Tom would like everyone to know that he enjoys working with all the good people at Facilities. Congratulations Tom, you are a great asset to Facilities.

Safety

Natural disasters: Are you ready?

Sometimes Mother Nature gives us advance warning. Sometimes she doesn’t. Regardless of how much time, if any, you have to react to a hurricane, tornado, or flood, there are things you can do to prepare. It’s easy to pass off on preparation, thinking that you always have some food and something to drink on hand. And at least one of your flashlights will probably work.

Don’t take an interruption in electrical power or water supply lightly. Take time now to have a disaster plan in place. Here is what your survival kit should include:

- Non-perishable food. Canned goods and a manual can opener are basic. Dried foods like pasta will work if you have a portable cooking device such as a camp stove or outdoor grill
- A first aid kit with bandages, tape, antibiotic ointment, and aspirin or ibuprofen could prevent infection and treat headaches or pain.
- A battery operated radio will keep you informed about rescue operations, and flashlights will help you find your way around. Stock extra batteries.
- A battery-operated charger for your cell phone will keep it working
if your landline goes out.

- State Farm Insurance recommends having your homeowner’s policy numbers in your emergency kit.
- Have a couple of hundred dollars in the house in case bank machines don’t work.

In the event of a hurricane, tornado, or earthquake, know how to shut off utilities.

**Safe driving is important in any vehicle, but more important in a small car**

Smaller cars are popular right now, and they will be the wave of the future as the government increases mandatory gas mileage to 39 miles per gallon. That’s the average for cars made by any individual company. For specific cars, the mandatory mileage is 35.5. It won’t happen until 2016.

Car makers already have or will soon have cars that meet or exceed the standard. The Ford Fusion hybrid gets more than 40 mpg. The Chevy Cruise, due out in April 2010, will get 40 mpg, and the Chevy Volt, due out in November of this year, runs on batteries for the first 40 miles. Chrysler plans the Fiat SpA, which will be available by 2015 at 40 mpg or more. Fuel costs are lower for a small car, but if you crash, your chances of getting hurt are greater. Here are a few driving tips to consider:

- Be visible. Keep your lights on during the day. If you don’t have automatic running lights, turn your headlights on and use the low beam.
- Take extra care when entering an intersection to assure that all vehicles from the other directions are cleared.
- Avoid getting sandwiched between two trucks, two larger cars or two SUVs, especially when driving on the Interstate or a state highway.
- On any roadway, it’s more important for drivers of smaller cars to use turn signals well ahead of where they will change lanes or turn.
- Regardless of the size of your vehicle, practice thinking about how you could escape a dangerous situation. It could be a move to the shoulder, going off the road and avoiding trees, or maneuvering to another lane.

Rules of safe driving are more important when you are in a small car, including: Always wear a seat belt; don’t drink and drive; watch for speed limit signs and don’t exceed the posted numbers.

**Health in the News**

**Getting to the core of strength**

Your core is the area of your trunk that includes muscles in your abdomen, back, hips and pelvis. The trunk houses your muscular center of gravity and balance, and it supports your spine.

When you have good core stability, these muscles work in harmony. They make it easier to do most physical activities, from swinging a golf club to bending down to tie your shoes. A weak core makes you more apt to have poor posture and low back pain.

You can develop core strength with floor exercises, including any that use the trunk of your body without additional support. Think squats, push-ups and abdominal crunches, say doctors at the Mayo Clinic, but there are other floor exercises, including:

- The bridge. Lie on your back with knees bent and back relaxed. Tighten your abdominal muscles and raise your hips off the floor until they are aligned with your knees and shoulders. Hold for three deep breaths then do it again.
- Segmental rotation. Lie on your back as above. Tighten your abdominal muscles. Keep your shoulders on the floor and let your knees fall slowly to the left until you feel a stretch but not pain. Hold for three deep breaths. Return to the start position and repeat the exercise to the right.

- Quadruped. Start on your hands and knees with your hands directly below your shoulders. Align your head and neck with your back. Tighten abdominal muscles, raise your right arm off the floor and reach ahead. Hold for three deep breaths. Lower your arm and repeat with the left. Next, extend your right leg, hold and repeat with your left leg.

**Sunscreen or vitamin D sunshine:**

It doesn’t have to be a trade-off. Accolades for vitamin D keep pouring in. Luckily, it’s summer now, the perfect time to build up your D levels by getting out in the sunshine. That doesn’t mean ignoring advice about using sunscreen when you will be outside for longer than 15 or 20
minutes during the day.

If you are fair-skinned and wearing shorts or a tank top, getting 10 to 15 minutes of sun exposure is enough. If your skin is darker than fair, you can stay in the sun a little longer.

After that, slather on the sunscreen and put on your hat.

Get your sunshine at least twice a week. More often is better, say doctors at the Medical College of Wisconsin. The important factor in sunshine is its ultraviolet B. When UV-B rays hit the skin, a reaction takes place that enables skin cells to make vitamin D.

Short exposure times will not increase your risk of getting skin cancer, but they will help to prevent many other diseases. Large studies at Harvard School of Public Health and elsewhere show that death from all causes is higher in people who have low levels of vitamin D. Deaths from heart disease lead the list, but low vitamin D levels are also associated with an increased risk for cancers of the breast, prostate, colon, kidney and ovaries, according to the National Academy of Sciences.

The role of vitamin D in bone health has been proven for some time, making the vitamin an important factor in preventing osteoporosis. In the summer, get your D from the sun. During winter, the best source is a supplement. The government set minimums are 200 IU for people to age 50, 400 IU per day for those age 51 to 70 and 600 IU for those over 70.

Vitamin K for your bones

Vitamin K-2, say Australian researchers, is what helps the bone develop that slight flexibility. Vitamin K-2 is formed in the body from vitamin K, which is found in vegetables such as broccoli, spinach and brussels sprouts.

Doctors at Harvard Medical School analyzed 10 years of health data and found that those with the highest intake of vitamin K had a 30 percent lower risk for hip fracture, compared with those who had the lowest intake. Some doctors say a vitamin K supplement would work better to prevent fractures than an osteoporosis drug.

Keeping financial stress from affecting your health

A lot of people today say the economy is giving them headaches and stress, according to the American Psychological Association. Some aren’t sleeping well at night, and that’s bad news. Sleep loss is linked to high blood pressure, heart disease risk and lower immunity. Writing for AARP, one psychologist gives these stress-busting suggestions.

• Tell a joke. Laughing helps to decrease stress-related hormones.
• Don’t associate with over-stressed people. If your current pals do little but fuss over the losses in their 401(k)s, spend free time with other friends.
• Get a fragrance. Studies show that a jasmine-scented bedroom lowers anxiety upon waking.
• Turn off the news. Get into your own calm world instead of stressing over bad world news and poor financial news.
• Walk more. Walking a half-hour a day will lower your blood pressure, say doctors at the Mayo Clinic.
• Try bubble gum. Australian studies show chewing gum reduces snacking.
• Listen to music or visit an art gallery. It lowers blood pressure, according to Italy’s University of Florence.
Go Green

Greening an older home can save energy and reduce carbon emissions

When we think of energy-efficient "green" buildings, new structures usually come to mind. When considering carbon emissions in the U.S., 43 percent come from powering buildings and our 100 million existing homes. Those built before 1939 use 50 percent more energy per square foot than homes built after 2000. But a huge amount of energy and resources went into building older homes.

It would take about 65 years for the reduced carbon emissions from one new energy efficient home to make up for the resources lost by demolishing an old one and rebuilding. So an already built home, in one sense, is already green. The oldest homes, however, are the least energy-efficient. Many have developed tiny cracks and gaps that expand over time and let in more outside air.

The stimulus package includes some $8 billion in weatherization programs for low-income households, but that covers only a small part of the country’s homes. Analysts at the National Resources Defense Council say energy efficiency projects, such as installing insulation or new windows, could create hundreds of thousands of new jobs if there was a nationwide effort to improve homes and buildings. Tax credits for these projects can be helpful. The Preservation Green Lab, a think tank based in Seattle, is working with members of Congress to pass energy-efficiency legislation that would increase rebates and subsidies to cover as much as half the cost. In the meantime, anyone can make progress toward greening a home. All it takes is a caulking gun and a little effort to plug leaks around walls, doors and windows.

Insulated shades reduce heating costs

Since the increase in energy prices, many people are wondering what to do about their inefficient windows. The windows can be a significant area of heat loss. It would be nice to call a contractor and have all the windows replaced with new ones, but that can be a very expensive proposition. The increased energy prices make this cost prohibitive. There is another step homeowners can take that will save energy.

Installing insulated shades or curtains is an excellent way to improve the efficiency of older windows. A single pane window has an insulation value of R-1. The insulation value of the best insulated window shade is R-6. They also reduce drafts. The Roman shade is popular and efficient because it can be quite thick. The best ones have four insulating layers, including reflective, Mylar, and a vapor barrier in the center. A magnetic-edge strip is used so they seal well against the wall. You can also add your own material to the shade so it will complement your decor. Kits include special adhesive strips that are activated with a steam iron. If you are handy with sewing, you can sew your own material onto the shade.

Is it just junk or can it be recycled?

After cleaning the garage, redoing the basement, and going through the house reducing clutter, a question arises. How to dispose of the discards? Actually your options are many. Such as:

- Eyeglasses: The Lions Club has been recycling eyeglasses for approximately 80 years.
- Clothing: Unwanted apparel can be donated to a charity such as Deseret Industries or sold to a consignment shop. Blankets, towels, and bedding; These can be donated to your local animal shelter for use as bedding.
- Oil: Quick-lube shops such as Jiffy Lube and auto stores such as Pep Boys will take used oil. Cans, glass containers, and plastics: Many areas have recycling centers where such materials can be dropped off. Call for specific information as different areas accept different items.
- Household toxins: Almost all areas have toxics drop off or Tox-Away days. Check with your local waste management company.
- Antiques, dishes, and other general items: Consider a garage sale. Make some money and find your old favorites a new home.
- Cars: Various organizations will accept your car. Some raffle them off for charity. Earth Share through Car Program LLC accepts cars, trucks, trailers, boats, and RV’s.
- Books: Your old friends can be donated to a library for their book sale or given to an assisted living facility that might need books for their library.
- Aluminum cans and other scrap metals: These are “hot” items and can be sold to scrap yards. A recycle center would be pleased to get them.
Gardening Tips

Under the August sun the latter days of August are often known as "dog days." They are hot days and the late days of summer. For everyone, the season is passing. Now it is easy to be complacent about attending to duties for the lawn and garden. Remember to deadhead your flowers. If you allow a plant to go to seed, it will lose some of the energy needed to produce new blooms. This is the time of year to stop pruning and fertilizing shrubs and trees. When you prune and/or fertilize, you encourage new growth on your plants. But new growth needs time to harden before the first freeze. August and September are good times to seed your lawn and give extra attention to your container plants. Many plants need to be cut back. Several vegetables lend themselves to fall crops. It’s time now to plant turnips, spinach, radishes, endive, and lettuce. These are the days when you can dream and plan. Look at your garden and lawn. See what has proved successful and what has failed. Start a gardening journal so you can remember what areas will need attention and new plants when spring rolls around.

August gardening reminders
- Divide and transplant perennials such as hostas and bearded irises.
- Pull up vegetable plants that are no longer producing.
- Dethatch the lawn and fertilize in late August.
- Cut back summer annuals when they are finished blooming.
- Build weather resistance into trees and shrubs with deep watering throughout the fall.

Dividing Perennials

Asters, chrysanthemums, and hostas should be divided at least once every three years. Astilbe, daylilies, iris, lupines, primrose, and Oriental Poppies should be split every three to four years. If you’ve noticed a decline in the number of size of blooms, or if the center of a stand begins to die out, it’s definitely time to divide. Clusters of plants made up of several individually rooted plants are easy to separate. Just dig them up and carefully pull apart small sections of plants by hand.

You can successfully divide hostas without digging them up. Just select part of the plant that is near the edge. Cut down with a sharp shovel, and lift out the separated section. Be sure you get enough root, and the new plant will thrive. As with all newly divided plants, it’s important to replant them immediately and water them well. In fact, it’s a good idea to have the new location dug out before separating the plant. Clumping perennials can choke one another out.

Moneywise

To protect your retirement savings, stay healthy

It can be hard to save money, but consider these steps to future security:
- Stop smoking. Not buying cigarettes alone can add up to more than $150,000 in savings over a 25-year period. If you avoid emphysema and cancer, your savings will be far greater. Medical treatments are expensive.
- Lose weight and avoid diabetes. On average, diabetes costs $454 a year, according to Rand Health. Costs rise to $12,000 a year for those who have not carefully tended their illness. From age 40 to 65, it could cost them up to $700,000.
- Exercise to avoid high blood pressure and heart disease. Annual out-of-pocket costs for a 40-year-old are $606, according to Nationwide Better Health. If the condition doesn’t get more expensive and you invest that sum over 25 years, income from the investment could provide more than $35,000 a year.
**Vegetable Pizza**
2 (8 ounce) packages refrigerated crescent rolls  
1 cup mayonnaise  
1 cup sour cream  
1 (8 ounce) package cream cheese, softened  
1 (1 ounce) package ranch dressing mix  
Chopped fresh vegetables

Preheat oven to 375 degrees F (190 degrees C). Roll out crescent rolls onto large non-stick baking sheet. Stretch and flatten to form rectangular shape on sheet. Bake 12 minutes, or until golden brown. Allow to cool. In medium size mixing bowl, mix mayonnaise, sour cream, cream cheese and ranch dressing mix until well blended. Spread the mixture over the cooled crust. Arrange vegetables over the top of the crust. Refrigerate for 1 hour.

**Mango Madness Fruit Salad**
5 mango, peeled and diced  
6 fresh strawberries, sliced  
1/2 cup blackberries  
1/4 cup chopped cilantro  
1/2 lime, juiced

Combine mangos, strawberries, and blackberries in a bowl. Toss with cilantro and lime. Refrigerate for 1 hour.

**Seafood Pasta Salad**
1-1/2 (8 ounce) packages tri-color pasta  
3 stalks celery  
1 pound imitation crabmeat  
1 cup frozen green peas  
1 cup mayonnaise  
1-1/2 tablespoons sugar  
2 tablespoons white vinegar  
3 tablespoons milk  
1 teaspoon salt  
1/4 teaspoon ground black pepper

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold water until cool and drain. While pasta is cooking, chop celery and crabmeat. Run hot water over peas to defrost. In a large bowl, whisk together the mayonnaise, sugar, vinegar, milk, salt and pepper. Add the pasta, celery and crabmeat and stir until evenly coated. Adjust the salt, sugar or mayonnaise to suit your taste. Chill several hours before serving.

**Teriyaki Shish Kabobs**
1/2 cup ketchup  
1/2 cup sugar  
1/2 cup soy sauce  
1 teaspoon garlic powder  
1 teaspoon ground ginger  
2 pounds boneless beef sirloin steak  
1/2 fresh pineapple, trimmed and cut into 1 inch chunks  
2 to 3 small zucchini, cut into 1-inch chunks  
1/2 pound whole fresh mushrooms  
1/2 pound boiling onions, peeled  
1 large green or sweet red pepper, cut into 1-inch pieces

Combine first five ingredients; toss with the beef. Cover and refrigerate overnight. Drain beef, reserving marinade. Thread meat, pineapple, and vegetables alternately on long skewers. Grill over hot coals for 15 to 20 minutes, turning often, or until meat reaches desired doneness and vegetables are tender. Simmer the marinade in a small saucepan over low heat for 15 minutes. Remove meat and vegetables from skewers; serve with marinade.

**Triple Berry Trifle**
1 (9-inch) pound or angel food cake, cubed  
1 cup blueberry, raspberry or blackberry jam  
10 ounces blueberries, fresh or frozen, thawed  
10 ounces raspberries, fresh or frozen, thawed  
10 ounces blackberries, fresh or frozen, thawed  
1 (5-ounce) package instant vanilla pudding mix  
1/2 cup low-fat milk  
1 (14-ounce) can sweetened condensed milk  
1 (8-ounce) container frozen whipped topping, thawed

Extra berries and chopped nuts for garnish

Place half of the cake cubes in a large glass serving bowl or trifle bowl. Layer with 1 cup jam and half of the berries. In a separate bowl, combine pudding mix with low-fat milk and condensed milk and stir well. Spoon half of the pudding mixture on top of fruit then add half of the whipped cream. Top with the rest of the cake, jam, berries, pudding and whipped cream. Garnish with extra berries and nuts. Chill before serving.
Happy Birthday!
to these Facilities Employees!

Bret Leckie       Aug 01
Jerry Petterborg  Aug 01
Andy Miller       Aug 08
Justus Swensen    Aug 10
Larry Dunkley     Aug 11
Pete Elliott      Aug 12
Todd Hlavaty      Aug 13
Karen Hoffman     Aug 15
Troy Johnson      Aug 18
Mike George       Aug 20
Adolfo Campos     Aug 22
Jocelyn Casey     Aug 25
Luis Ontiveros    Aug 26
Tracy Nielsen     Aug 27
Joe Beck          Aug 29
Randy Bone        Aug 30
Tom Findlay       Aug 30

Thank you!
for your service at USU!

Mike Mikkelsen    24 years
Val Olsen         24 years
Nancy Christensen 22 years
Brenda Rust       22 years
Debra Parrish     18 years
Gerald Green      17 years
Jed Waldron       16 years
John Fitch        09 years
Tammi Godfrey     08 years
Trish Duffin      05 years
Allyson Olsen     05 years
Sol Nielsen       04 years
Steven Yeates     04 years
Joe Beck          03 years
Lynn Jaggi        03 years
Luis Ontiveros    03 years
Lindsey Banks     01 year
Michael Donaldson 01 year
Levi Duffin       01 year
Stephanie Forster 01 year
Richard Morriss   01 year

The Image Newsletter is printed on post-consumer recycled paper.

Image Newsletter Staff
Karen Hoffman-Staff Writer • 797.3128
Megan Hemmert-Graphic Design