Employee of the Month
Janet Hillyard
Painter

Facilities is pleased to announce Janet Hillyard from the Finishes shop as our December Employee of the Month. Janet began her career at Facilities 3 years ago and works as a painter. She came to us from Willmore Painting in Logan. Her father was a painting contractor while she was growing up and she worked for him for several years before working for her brother when he took over the family business. She helped to paint Skyview High School when it was being built several years ago. She was a stay at home mother until her children were all attending school and then she began painting.

Janet was born in Logan and now resides in Smithfield with her husband John of 39 years. They have 6 children which includes two sets of twins. She has 11 grandchildren with one more on the way. She and her husband work a farm of 70 acres and also raise cows.

Janet enjoys scrapbooking, making quilts, and having parties with her grandchildren. She loves yard work and gardening from the planting, watering, weeding, harvesting and canning. She traveled to Honduras 20 years ago to visit her brother who was teaching school there. She said that it was a scary place to be at that time and her flight was the last to leave the country.

“Working at Facilities and the people she works with is such an enjoyment”, says Janet. “Everyone is so friendly”. Congratulations Janet. We are proud to have you as one of our employees.

Is Your Footprint too large?
by Michael Yates

Though scientists warn that global warming will likely continue for a long period of time, there are many things we can do to decrease the effects. In a nut shell: decrease the usage of things that create greenhouse gases. Cut down on your use of fossil fuels, and cut down on your use of the electricity generated by them.

The concept of an ecological footprint is a way to roughly measure the impact of a person's choices on the environment. People have become so accustomed to their diet, cars, homes, and energy usage that they don’t realize that the Earth will not be able to provide the needed resources indefinitely.

Calculate your carbon footprint
Start with 3 points to cover emissions caused by government spending of your taxes on industry, health service, military, etc.

Energy use in your home
Does your electricity come from a renewable source, such as a wind turbine? If so subtract ½ point.

Do you set your thermostat low? Is your home well insulated? Do you have double glazing? Do you only turn heating on when absolutely necessary? If you answer yes to at least 2 of these, take off 1 point.

Food and diet
Do you follow a vegan or vegetarian diet? Score 2 points.
Do you eat meat occasionally?
Score 3 points.
Do you eat meat regularly? Score 4 points.
Do you eat meat with every meal? Score 5 points.

Transport—do you travel:
Usually by car? Score 2 points.
Sometimes by car? Score 1 point.
Mostly by public transport? Score ½ point.
Mostly by walking or cycling? Score 0 points.
By plane, ever? For each 2 hour flight add 1 point.

Vacations—when you last went on vacation did you:
Stay in the state or country? Score ½ point.
Stay on your continent? Score 1 point.
Go somewhere off of your continent? Score 2 points.
If you went by car: add ½ point.
If you flew: add 1 point for each 2 hour flight.

Materials and Waste
The consumption of material goods and the production of waste is normally the largest part of a footprint. Average waste is 2 black bags per week. Do you have more than average rubbish? Score 12 points or 6 if you recycle.
Average amount of rubbish? Score 8 points or 4 if you recycle.
Below average amount of rubbish? Score 4 points or 2 if you recycle.

Total add up all your points to find your score:

Rate your carbon footprint score
Under 5 = Excellent! 6 to 10 = Well done! 11 to 20 = Not so good! 21+ = Oh dear!!!

Safety Article
by Justus Swensen

HOME HEATING SAFETY
Heating equipment, especially portable and space heaters, fireplaces and wood stoves, require careful use and proper maintenance.

Portable Space Heaters
Purchase electric space heaters that bear the mark of an independent testing laboratory, such as UL, ETL, CSA, etc. Place space heaters at least three feet away from anything that can burn - including furniture, people, pets and window treatments. Turn off space heaters before leaving a room or going to sleep. Supervise children and pets at all times when a portable space heater is in use. Never use space heaters to dry clothing or blankets.

Fireplaces and Wood Stoves
Burn only seasoned hardwood - not trash, cardboard boxes, or Christmas trees because these items burn unevenly, may contain toxins, and increase the risk of uncontrolled fires. Have a professional chimney sweep inspect chimneys annually for cracks, blockages and leaks and have them cleaned and repaired as needed. Keep all persons, pets and flammable objects, including kindling, bedding, clothing, at least three feet away from fireplaces and wood stoves. Open flues before fireplaces are used. Use sturdy screens or doors to keep embers inside fireplaces. Install at least one smoke alarm on every level of your home and inside or near sleeping areas. Keep young children away from working wood stoves and heaters to avoid contact burn injuries.

Carbon Monoxide (CO)
Poisoning Precautions:
Carbon monoxide is commonly known as “the silent killer.” Because it is colorless odorless, and tasteless, none of your senses can detect it. CO claims the lives of nearly 300 people in their homes each year according to the U.S. Consumer Product Safety Commission (CPSC). CO is a potentially deadly gas that is produced by fuel-burning heating equipment, such as furnaces, wood stoves, fireplaces, and kerosene heaters. Follow these guidelines to help keep your family safer.

Install at least one CO alarm near sleeping areas.
Have a trained professional inspect, clean and tune-up your home’s central heating system and repair leaks or other problems; fireplaces and woodstoves should also be inspected each year and cleaned or repaired as needed. Keep gas appliances properly adjusted and serviced. Never use an oven or range to heat your home. Never use a gas or charcoal grill inside your home or in a closed garage. Portable electric generators must be used outside only. Never use them indoors, in a garage or in any confined area that can allow CO to collect. Follow usage directions closely.

Loose gas cap wastes fuel
Nearly one in five cars on the road has a loose gas cap. The Car Council says an unsealed cap allows gasoline to vaporize. It can reduce your mileage by up to two miles a gallon.
That’s as much loss as you would have with gas wasters such as underinflated tires, dirty air filters and worn spark plugs. Always twist the gas cap until you hear it click. On older vehicles, check for a tight seal. It pays to buy a new gas cap. Driving 55 mph saves gas, but as long as you keep your speed at 65 or under, you’ll save fuel on a trip,
Seven W's of last-minute Christmas shopping tips

**Before you go:** The most effective shopping begins before you leave home. Make a list of people to buy for, what you intend to spend, and possible gift choices for each. Then scan the newspaper for sales.

**What to wear:** Dress in comfortable clothes, walking shoes and a light jacket (stores can be hot). Women should avoid large handbags that will have them searching for money and keys. They should avoid clutch bags so they have a free hand to hold onto packages and sacks.

**What to leave at home:** Don’t carry large amounts of cash and extra credit cards. Unfortunately, there could be pickpockets in the crowds.

**When to shop:** Stores are not as crowded early in the morning or in the last two hours they are open.

**Where to shop:** First go to large stores that carry everything under one roof. Consider discount stores where you could get good deals.

**Watch your back:** Get help to lift heavy items. Make a trip to your car before the load of several packages gets too heavy.

**When to tune out the noise:** You might listen to your MP3 player rather than crying kids and gossipy fellow shoppers.

**Why faster check-outs are important:** Being ready when it’s your turn will save you time and the aggravation of others. Have your money or credit card ready. Don’t be searching for the exact change in your pocket or purse. If you are writing a check, have it partially made out when it’s your turn. Skip offers to fill out a store’s charge application.

Compact cars cost less than hybrids and can be almost as fuel efficient. Gas prices are high, which makes some people wonder if they should sell their cars and buy hybrids. The time might not be right, say experts at Edmunds.com. When you consider that you’ll get a low price for your existing car and pay extra for a hybrid, it could take years to make up the difference with gas savings. Even if you need a new car right now, a hybrid might not be the best choice. A compact car with a high-mileage regular engine could be almost as fuel efficient as a hybrid. Quoted in Newsweek, Edmunds’ Jesse Toprak says the best candidates for saving money by not buying a hybrid are people who drive at least 15,000 miles a year and drive mostly in traffic. In that case, Toprak says, “keep your car until the wheels fall off.” If you want to do the math yourself, check politicalcalculations.blogspot.com and click on “Should You Trade in Your Gas Guzzler?”

At Edmunds.com, you can check how much it would cost you to own any car. It shows that over five years, you will spend $3,405 more to own a hybrid Honda Civic than a conventional one. At $4 a gallon for gas, by their calculations, it will take 8.5 years for the hybrid Civic to start paying for itself. The Toyota Camry hybrid will start paying for itself in about four years. It gets 37 miles to the gallon on the highway. It costs $28,500 in 2008. The conventional-engine Ford Focus gets 35 miles to the gallon, and costs less. Its starting price in 2008 is $14,695.
Staying Well

Brain boosting yoga
Some yoga poses may boost brain function by stimulating pressure points on the earlobes, say Yale-trained neurobiologists. Here’s how to do it.
• Cross your arms with left arm over right. Place your left thumb on the right earlobe and right thumb on the left, with the thumbnails pointed out. Press both earlobes at once, making sure your left arm is close to your chest.
• As you press the earlobes, squat about half way to a sitting position with your back straight. Inhale going down and exhale going up. Do 10 to 12 squats. Place a chair under you as a safety precaution. Do it every day. To learn more, read Superbrain Yoga by Master Choa Kok Sui.

Vegetables with brain food
If you think celery has few nutrients and green peppers are just for salad lovers, you’re wrong. Both celery and green peppers are rich in luteolin, a plant compound that can prevent inflammation in the brain. Inflammation is a factor in such diseases as Alzheimer’s and multiple sclerosis, say researchers at the University of Illinois. Celery and green pepper slices are a fine snack, especially with a little peanut butter, cheese or hummus. And both are great ingredients in a salad.

Fighting memory problems
A decade ago, scientists discovered that the brain continues to regenerate itself, good news for those who can’t remember someone’s name. As you age, however, it may not be regenerating important areas fast enough, like areas responsible for memory. To significantly increase neuron regeneration, psychologists at the Saulk Institute and Columbia University say people who exercise more will regenerate more brain cells, but it has to be exercise that raises the heart rate. Another finding: People who had a lot of belly fat were 2.3 times more likely to develop dementia in later life.

You could eat more, weigh less
Here’s how to rev up your metabolism:
If you’re beginning to notice a touch of middle-age spread, there’s a good reason for it. It’s not that you are eating more than you used to. In fact, you could be eating less and gaining weight. Doctors at the Weight Management Center of the University of Pittsburgh say metabolism slows by 5 percent every decade after age 25. You will burn 100 calories less at age 35, 200 calories less at age 45, and it continues after that. With age, muscle mass declines with your metabolic rate, the number of calories you burn in 24 hours including sleeping and active time. Muscle burns more calories than fat. When you want to lose weight, it pays to lose slowly, say researchers at McMaster University in Ontario. Reduce calories but not dramatically and include more protein from chicken, fish and lean meat in your diet. Protein will help to preserve your muscle mass. Exercise, but don’t just do cardio. Walking, biking and swimming help the heart and lungs but in most cases, they don’t build much muscle. Pumping iron does. Regular strength training builds muscles that burn more calories day and night. And muscle takes less space. Replace three pounds of fat with three pounds of muscle, and you’ll be smaller. Fidgeting and incidental movement make a difference. It’s called non-exercise thermogenesis. Take advantage of thermogenesis by moving as often as possible. Get up from the couch frequently, walk the dog or pump a few dumbbells during a TV commercial. People with high thermogenesis energy burn about 350 more calories a day than those who don’t.
Why more deadly heart attacks occur on Christmas and New Year's Day

No one wants to interrupt the excitement of opening gifts or watching the Rose Bowl, least of all with a trip to the emergency room. People tend to simply ignore heart attack symptoms on Christmas and New Year's Day, which is why more heart attacks occur on those days than any other day of the year. Cardiologists at the University of California San Francisco say they see only the sickest patients on those days. There are about five percent more fatal heart attacks on Christmas and New Year's Day, mainly because people don't seek treatment soon enough. In denial, they shrug off symptoms and call them indigestion. Some hospitals say they begin to see a spike in heart attacks on Thanksgiving weekend. Doctors at Washington (D.C.) Hospital Center say there is a short window of opportunity to save heart muscle. Their cardiac team is on duty 24 hours a day, and they aim to start clearing victims' arteries within 15 minutes of their arrival at the ER. Doctors at Vanderbilt University say there are many factors involved in the holiday heart attacks. Being "too busy" to seek treatment is a key excuse they hear from patients. Forgetting to take medications is another factor. Sometimes people neglect to take them while traveling, or they run out of medications and are unable to get refills far from home. High-fat meals stress the heart as they are digested. Blood pressure and heart rates increase. Arteries may be temporarily more clot-prone. Too much salt or alcohol are also factors. People with heart-attack symptoms shouldn't ignore them, no matter where they are or what they are doing.

Moneywise

**HOW WILL YOU PAY: DEBIT CARD OR CREDIT CARD?**

Since 2006, consumers have used credit and debit cards more often than checks to pay for their purchases. The cards are more convenient for the consumer and for the stores.

**Debit cards**

Their use is growing fast. Debit cards have surpassed credit cards as a preferred method of payment. If you use one, authorities at Wells Fargo say your rights are more liberal if you sign for the purchase than if you use a PIN number.

- Check to see what your bank offers for purchase protection and fraud protection. Most banks offer more protection than required by law, according to the Consumer Federation of America. Usually, users will have no liability for fraud if they have signed a transaction, but PIN rules vary.
  - If your card and your PIN are stolen, the thief can visit ATMs and empty your bank account.
  - You are less likely to fall into debt if you buy with a debit card, but not always. Banks offer overdraft protection but charge hefty fees for the privilege. Whether or not you are using a debit card, overdraft protection is important. The fee is less than a returned check charge and avoids related problems.

**Credit cards**

- Both banks and credit card companies offer rewards to encourage the use of their cards, but credit cards are more rewarding. With debit cards, signing for the purchase creates a better reward than using a PIN.
- Credit cards have the benefit of letting you pay in coming months instead of right now, but balances and interest charges can build up.

- Credit cards also allow you to dispute charges if something you buy is defective. Debit cards do too, but the benefit varies with the issuer and may only apply to signature purchases.
## Holiday Recipes

### Breakfast Pull-Aparts – Nettie Spackman

1 egg  
3 oz, grated cheddar cheese (3/4 cup)  
2 TBSP milk  
¼ C finely chopped green onions  
1 can flaky biscuits (like Pillsbury Grand)  
1 pkg pre-cooked bacon cut into ½” pieces

Preheat over to 350 degrees. Spray 8x8 or 8x10 glass baking dish with cooking spray. Beat egg and milk together. Cut biscuits into quarters. Fold into egg mixture to coat. Add bacon pieces, cheese and green onion. Gently fold together. Pour into sprayed baking dish and arrange in single layer. Bake at 350 degrees for 23-28 minutes or brown.

### Pie Dough – Allyson Olsen

This will make enough dough for 1 double crust pie or 2 single-crust pies.  
2 ½ C Flour  
2 Sticks Chilled Unsalted Butter (1 Cup cut into pieces)  
1 tsp Salt  
¼ C - ½ C Ice Water  
2 TBSP Sugar

In a food processor, combine flour, salt, and sugar; pulse to combine. Add butter; pulse until mixture resembles coarse meal, with just a few pea-size pieces of butter remaining. Sprinkle with ¼ cup ice water. Pulse until dough is crumbly but holds together when squeezed with fingers (if necessary, add up to ¼ cup more water, 1 tablespoon at a time). To help ensure a flaky crust, do not over process.

Transfer half of dough onto a piece of plastic wrap. Form dough into a disk ¾ inch thick; wrap tightly in plastic. Refrigerate until firm, at least 1 hour (and up to 3 days). Repeat with remaining dough. (Disks can be frozen, tightly wrapped, up to 3 months. Thaw before using.) This will make 2 disks.

### Butter Tarts – Allyson Olsen

Preheat oven 375°  
Pastry dough (enough to fill 24 mini tart tins)  
½ C Golden Raisins  
½ C Light Corn Syrup  
½ C Soft Butter

1 Egg – lightly beaten  
¾ C Packed Brown Sugar  
½ tsp Vanilla  
1 Pinch of Salt

Method  
In small bowl, place raisins and cover with hot tap water; let bowl stand on counter for 30 minutes.

Spray tart tins with PAM. Prepare tart tins by rolling out pie dough and cutting in approximately 3 inch circles; fit dough circles into tart tins; set aside in refrigerator until they are ready to fill.

In large bowl, mix together the soft butter, brown sugar, salt and corn syrup with whisk; stir well until sugar is dissolved and butter is creamed.

Add egg and vanilla. Mix well.

Drain Raisins.

Retrieve tart shells and divide raisins equally into all the shells; divide the butter mixture into all tarts tins.

Bake at 375º for 15-20 minutes; filling will be lightly browned and still bubbling. Let tarts cool in pans for 10 minutes after removing from oven; remove from tins and place on rack to cool completely.

### Mom’s Holiday Salad - Allyson Olsen

1 small LIME Jell-o  
¾ C Pineapple Juice  
1 C boiling water  
½ C Grated Velveeta Cheese  
Dash of salt  
3 Tbsp Icing Sugar  
1 20 oz can Crushed Pineapple (Drained – set juice aside)  
½ Pint Heavy Whip Cream (whipped with icing sugar)  
2 C Miniature White Marshmallows

Method  
Add water to Jell-o and salt. Stir until dissolved. Add pineapple juice. Chill until partially set; stirring occasionally. Don’t allow it to set firm. Stir in pineapple and cheese. Fold in whipped cream and marshmallows. Transfer into serving bowl and refrigerate at least two hours.
Facilities received this thank you from Dean Yolanda Flores Niemann:

Dear Brad,

On behalf of the College of Humanities, Arts, and Social Sciences Dean’s Office team, we would like to extend our appreciation to Ray Pitcher and Lloyd Johnson for the great service they recently rendered in painting our entire office suite. Their prompt response, patience in working with us, the professional quality of their work, and strong work ethic, all contributed to the successful completion of this project on a very short deadline.

It was a pleasure working with them and we want to personally recognize them for going the extra mile. The customer service they provided showed a commitment to their work that assured us we would be satisfied with the project. They definitely exceeded our expectations!

Please convey to them our most sincere appreciation for a job well done. We have received nothing but compliments on how much nicer the office looks.

---

A Christmas Quiz

1. Why are Christmas songs called carols?  
a-The word carol is an Old English word meaning "to sing outside," b-It comes from the French word "caroller," meaning to dance around in circles, c-They were written by Carol King.

2. Who appeared to Mary and told her to name her baby Jesus?  
a-John the Baptist, b-Angel Gabriel, c-Angel Michael.

3. Where did God tell Joseph to take Mary and Jesus so they would be safe?  
a-Israel, b-America, c-Egypt.

4. What did Joseph do for a living?  
a-He was a carpenter, b-He was a shepherd, c-He was a tax collector.

5. At the start of Dr. Seuss’ How the Grinch Stole Christmas, how big was the Grinch’s heart?  
a-Two sizes too small, b-Three sizes too small, c-So small it was barely there at all.

6. People celebrate Christmas with firecrackers in what country?  
a-England, b-Italy, c-China.

7. The character played by Will Ferrell in Elf makes a mess of his job at what New York City department store?  
a-Gimbel’s, b-Macy’s, c-Bloomingdale’s.

8. Fata, a meat dish, and kalk, a kind of shortbread, are among traditional Christmas foods for Coptic Christians in what country?  
a-Egypt, b-Ireland, c-Spain.

9. Who was the real St. Nicholas?  
a-A Swedish priest, b-A Scottish patron saint, c-An Eastern European bishop.

10. Jimmy Stewart is shown a vision of this small town going to seed in It’s a Wonderful Life?  
a-Springfield, b-Mayville, c-Bedford Falls.

---

Rosa Parks refused to give up her seat on a Montgomery Alabama bus to a white man, and was then arrested on Dec. 1, 1955.
Thank you!
for your service at USU!

Shoko Downs  Dec 01  Mont Jessop  31 years
Bill Eglund  Dec 02  Paulette Halverson  30 years
Ken Carrillo  Dec 04  Joe Sorenson  26 years
Brenda Rust  Dec 08  Linda Hudson  20 years
Mike Arnett  Dec 09  Jeff Turley  19 years
Connie Earl  Dec 13  Mitch Schiffman  15 years
Ron Kaufman  Dec 14  John Gilden  13 years
Craig Miller  Dec 16  Robert Edwards  11 years
Martin Carrillo  Dec 17  James Whitehead  11 years
Steven Yeates  Dec 18  Julie Hull  06 years
Rick Hepworth  Dec 24  Cass Christensen  05 years
Travis Larsen  Dec 24  Adolfo Campos  02 years
Karl Weeks  Dec 26  Katie Elliott  02 years
Bob Housley  Dec 28  Maria Guadarrama  02 years
David Dickey  Dec 29  Sarah Spillman  02 years
Lance Maughan  Dec 30
Brian Daines  Dec 31

Happy Birthday!
to these Facilities Employees!

Mont Jessop  31 years
Paulette Halverson  30 years
Joe Sorenson  26 years
Linda Hudson  20 years
Jeff Turley  19 years
Mitch Schiffman  15 years
John Gilden  13 years
Robert Edwards  11 years
James Whitehead  11 years
Julie Hull  06 years
Cass Christensen  05 years
Adolfo Campos  02 years
Katie Elliott  02 years
Maria Guadarrama  02 years
Sarah Spillman  02 years

Christmas Quiz answers
1-b, The French word “caroller” for dancing
2-b, Angel Gabriel
3-c, Egypt
4-a, He was a carpenter
5-a, Two sizes too small
6-c, China
7-a, Gimbel’s
8-a, Fata and kalk are eaten in Egypt
9-c, An Eastern European bishop
10-c, Bedford Falls

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